THE SATURDAY EVENING POST

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October '90 $2.25

Marilyn Quayle & Her Fit Family

Fighting Breast Cancer

Positive Power of Laughter

America's National Garden

Blockbuster Chinese Research Reveals Diet Is Key to Health

Warming Up to Alaska

How to Hire a Lawyer

New Ideas for Breakfast

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Marilyn Quayle Puts It All Together—lawyer, wife, mother, vice-presidential advisor, and advocate for breast cancer prevention. 46

China's Massive Study—indicates that curbing the risk of heart disease requires dietary fat to be reduced to less than 20 percent of calories. 30

The Laughter Prescription—by Norman Cousins, is found useful in combating serious illness. 34

Looking for a Good Lawyer?—Trust your instincts and your wallet, and don't forget to check the lawyer's record. 14

THE SATURDAY EVENING POST

Founded A.D. 1728

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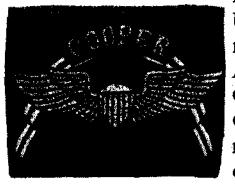

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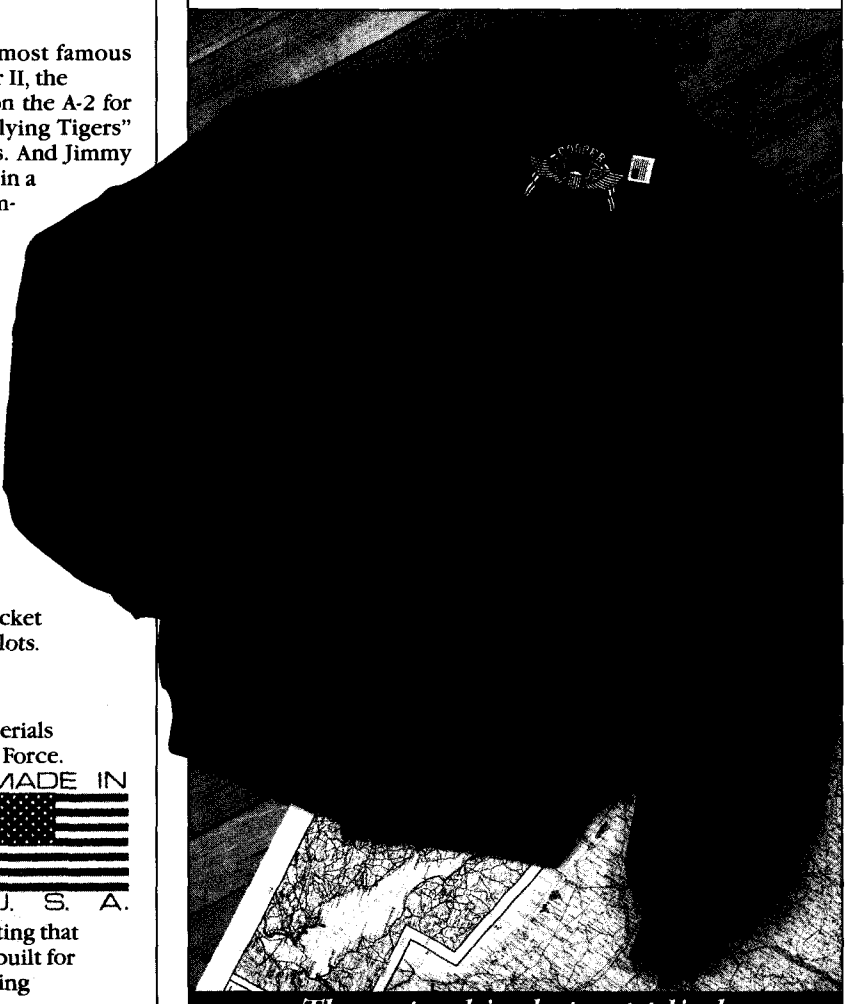

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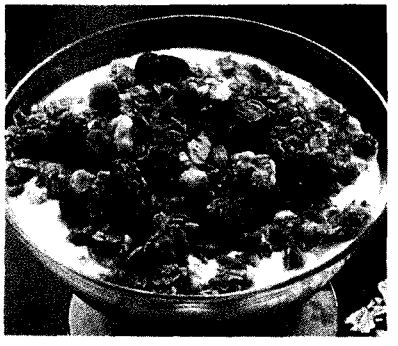
The 444-Acre National Arboretum—is tended by a rebel who wages war against conventional gardening methods. **90**

The Risk of Breast Cancer—increases dramatically in relation to a diet high in saturated fat. **54**

If You Were Ever a Kid—you won't want to miss "Kid Brother" by Norman Katkov, this month's *Post* fiction. **42**



"What's for Breakfast?"—is a question best answered by cereals high in fiber and low in fat, or whole-grain pancakes and waffles . . . hold the butter! **18**

Letters

Crowded Planet Raises Blood Pressure

I was upset by your article "Planning for a Crowded Planet" in the July/Aug. issue I received today. Knowing our system of government as I do—if this idea ever caught on here, there is no doubt in my mind the only women to receive money for not having children are women already on government aid.

Heidi Saint John
Tucson, Arizona

We have been enjoying your magazine for two years now. We are into healthy eating and are Christians. We have given four gift subscriptions in the past two years. What we want to say is we delight in reading your magazine.

However, in the July/Aug. '90 issue, the article "Planning for a Crowded Planet" was very upsetting to read. Even if this article was meant to be received as tongue in cheek, the basic message behind the thought is antichildren. To even mention China's mandatory birth control (which is often to grab an eight-month pregnant woman and murder her preborn child) is shocking and disturbing coming from the *Post*. We would expect this article in *Newsweek* or *Time*, but we subscribe to the *Post* because we expect different.

The Shimps
Amherst, Virginia

Editor's note: To the readers who were offended by "Planning for a Crowded Planet," we might say that some well-intentioned people have put into effect plans to reward girls for not becoming pregnant on the theory that we're already rewarding girls to become pregnant by paying them money when they have babies. If teenage girls are to be rewarded with independent income upon producing a child, should we not also reward the vulnerable girls for staying in school and not becoming pregnant?

Crowded-Planet Plan O.K.

Early in the 19th century, Edgar Allan Poe commented on the inevitable overpopulation of the planet. In a short science fiction piece titled "Mellonta Tauta," he "quoted" future pundits as

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welcoming war and pestilence as positive benefits in population control, and ridiculed the ancient concern that these were calamities!

I thought of this "insight" when I read Noel Perrin's courageous Speaking Out article, in which he describes some of the calamities likely to befall the human race if we do not soon curtail the insane compulsion to "replenish the earth." If we do not do so, we may, indeed, witness the day when salvation of the race at any cost, including the embrace of war and pestilence, will destroy any concern for human values and passion for persons.

While I share his pessimism that his proposed remedy is likely to be given serious consideration, I share also his conviction that the alternatives are dire, indeed. He has presented a thoughtful and provocative proposal which I hope receives the public attention it deserves.

Luther Baker
Ellensburg, Washington

Re: the article "Planning for a Crowded Planet"

Noel Perrin's plan is a good try to limit population in what is becoming a pollution-frail country. Too many unwanted, unloved, mistreated babies are being born to women on drugs and those having disease problems.

Michael Medved, writing in the July *Reader's Digest*, "Does Hollywood Hate Religion?" reports on one of our country's problems. Young people are blasted with tasteless, gore-filled, rude, crude, mind-warping movies. "Hollywood, the mighty engine of popular culture" has given too many young people a feeling of a hopeless future. With drugs, crime, and greed, our country is being destroyed as no armies ever could. This is a frightening future for girls, especially. Perrin's plan would help many girls afford an education and a brighter future.

The taxpayer cannot keep up his own insurance and pay for healthcare for AIDS, drug-deformed children, and an aging population. We hope someone will write an article on euthanasia as a compassionate way to solve the problem of the suffering elderly. I am 74 so I can say this when a younger person would feel uncomfortable suggesting a compassionate death. There is no kind reason to keep people in pain, living, nor the trauma of children seeing a parent suffering months and often years, and most bluntly, the cost to the taxpayer would be alleviated.

Perrin and I both have a compassionate purpose to save the world from overcrowding. Why make any apology for also saving taxpayers money?

Mrs. F. R. Tuttle
Hutchinson, Kansas

Fact or Fiction

The first of this week, I read the article in the April 1990 issue of *SEP* entitled "The Last Autopsy" (Medical Mystery). On Tuesday, I visited a nose, ear, and throat specialist for the final consultation about a condition from which I am recovering. He had a plastic replica of the ear, etc., sitting on a table.

When I saw the exhibit it reminded me of the article, so I was telling him about it. I told him that the article said it was unheard of, and he replied that yes, that was unheard of. I got the impression that he did not believe it.

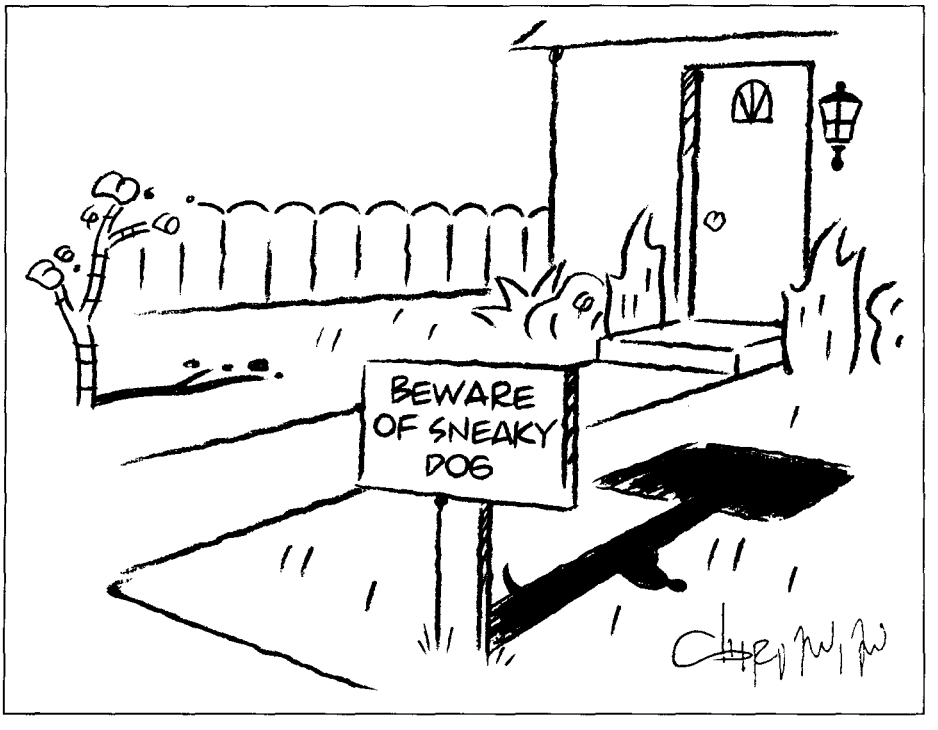
I was also telling my daughter who lives in Oregon about it since she has a four-year-old son. She found it hard to believe also.

I now have doubts about whether this was a true account or fiction. Please clarify this for me. I will tell no one else about it until I hear from you.

I really enjoy the *SEP*. I remember reading it in its original format when I was young.

R. H.
Richmond, Indiana

Editor's note: Yes, the article was a true first-person account written by a most credible physician. Fortunately, though, this type of manifestation of worms he described is rare in the United States. Although worms most commonly infect the gastrointestinal and respiratory systems, they can in rare cases migrate through the blood to the eye, skin, liver, kidney, brain, or any muscle tissue.



"Still" Remembered

I was sorting old family pictures and found one taken in the early 1920s. My brother, a retired Kodak executive, evidently was a fan of your magazine before he could read! I don't know what year this was published.

I still have my December 1974 issue in which you published "The Church That Wouldn't Die" in Brewster, New York. The first minister was

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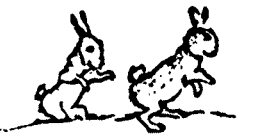
Bye baby bunting..."



That's what the famous nursery rhyme says. But *this* Baby Bunting is such a little cutie, you just can't say good-bye! Especially when those big baby blue eyes are begging you to stay. And what if you were to miss her third little tooth coming in?

She's all dressed up for a hug. In her fleecy bunny bonnet and her flannel flap-seat jammies (with a little pink cotton-tail and pink bunny buttons!). Holding her own baby bunny, while waiting patiently for you to notice her.

Go ahead . . . give her a hug. It's okay. That's what collectors can't help doing with dolls by Terri DeHetre, and why *Baby Bunting* has already been nominated for the two most prestigious doll awards in America.

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the Rev. Elisha Kent, my great-grandfather several generations ago.

Although your magazine reduced its size, the quality has endured for many years.

Carol R. Anderson
Phoenix, Arizona

Birdie Makes Holes in One

Our five-year-old grandson recently visited, and after returning home and to the sitter they had problems. He would say, "I didn't have to do that at G'mas." He came to visit again, and we told him we didn't mean to spoil him and we were making memories for him. I asked him what he would tell his parents, and he said, "I'll tell them you are memorizing me."

P.S. I thought this might be of interest. The woodpeckers had done all of this to the tree before we realized it. My favorite early apple tree.

Richard and Paige Wheeler
Hot Springs, Virginia

Editor's note: How much wood can a woodpecker peck? Don't ask the Wheelers of Hot Springs, Virginia, or they might throw an apple at you—if they had an apple to throw. Unfortunately, this is—or was—their favorite early apple tree.

We have heard of a hole in one, but this is ridiculous. Give the little feathered fiend credit, however, for having the smarts to work on the side opposite the house so the Wheelers wouldn't notice its efforts until it had turned the tree into this giant piccolo.

Welcomed Back with Botts

I am embarrassed to admit that I had not read a *Saturday Evening Post* for years until we received our first copy of our new subscription—July/August 1990.

I was thrilled to see the Alexander Botts story. I was under the impression that these stories were published in the late '40s and early '50s and then stopped. I was given a paperback copy of a collection of Alexander Botts stories in 1965, and the book was quite old at the time, as I recall.

Can you tell me if the Alexander Botts stories are currently available in book form? Also, how long have you been publishing the Alexander Botts stories in the new *SEP*?

I lost my old copy of the Alexander Botts stories and truly would be grateful if I could get another copy.

Bob Stephenson
Tucker, Georgia

Editor's note: The first Alexander Botts story published in The Saturday Evening Post *appeared in the April 16, 1927, issue. Over the next several decades, Alexander Botts became one of the most widely read and beloved of* Post *characters.*

The current Books in Print *does not list titles by Botts' creator, William Hazlett Upson, as still available, but our local public library did have collected works by Mr. Upson available for loan. The* Post *published the collected stories at one time, but the supplies have been exhausted. Maybe a* Post *reader could help with obtaining an original copy.*

Out of the Mouths of Babes

Perhaps it's about time you hear our family *Post* story!

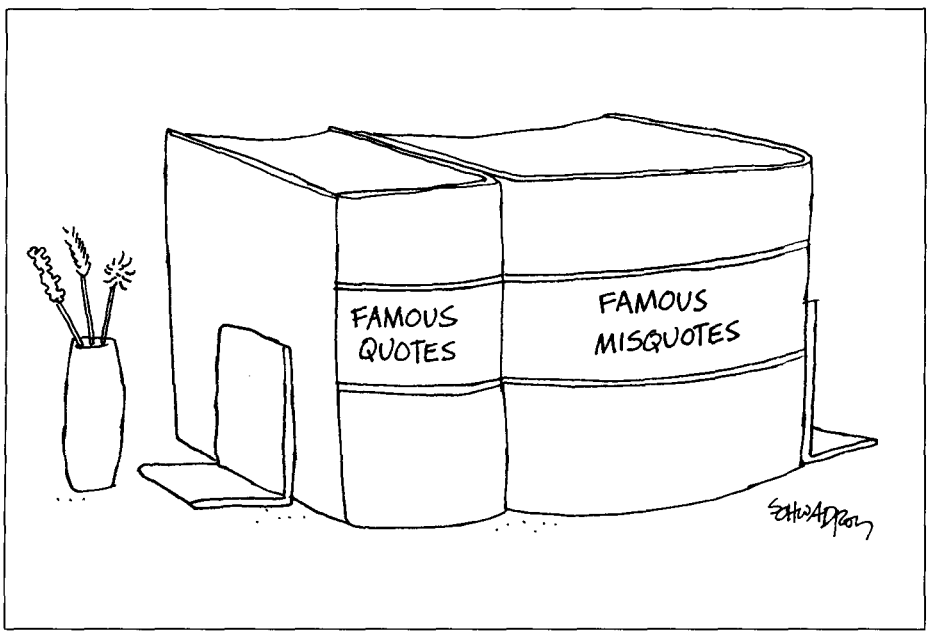
You see, as we were growing up, our father read to us frequently—but only if we would listen quietly to whatever he was reading for himself. We would sit quietly (only one at a time) and listen—his deep, soft voice interpreting each subject.

My brother, Cliff, was 9 years older than I—and I'm almost 80.

Well, it seems that one morning in school the teacher asked a "lead-in" question, to which she didn't expect an answer—but Cliff answered it! She said, "Why, Cliff, how did you know that answer?" He answered her: "Why, my dad read that to me out of *The Saturday Evening Post* when I was six months old!"

And now I am sending my renewal. "Thanks" for each interesting issue!

Elizabeth H. Koenig
Mountain Home, Arkansas



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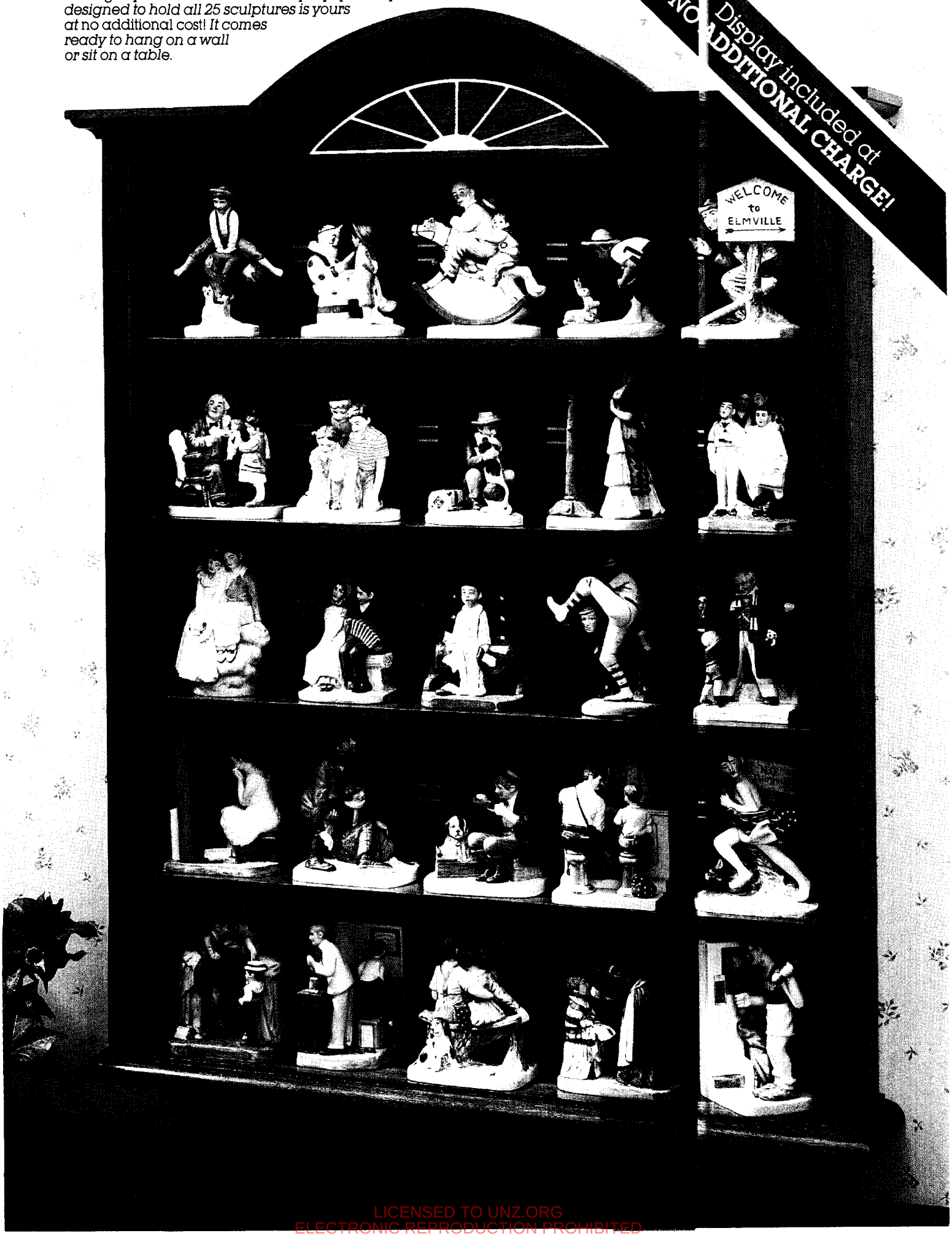

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No "Minor" Problem

Thanks for the nice article on Dr. Louis Sullivan—especially the nice cover color picture of him. It seems to say hello to me.

Several weeks ago, Dr. Sullivan started a drive to inform the youth of our country about the dangers of smoking. My hat is off to Dr. Sullivan.

Also, I'm glad to see the article "Would You Sell Cigarettes to Children?" Nebraska lawmakers are going to outlaw cigarette machines. They will sell cigarettes over-the-counter to adults only.

Roy A. Palmquist
Omaha, Nebraska

Post Comes Clean

I call you friends, for I am pleased to have you on a coffee table in my studio for all to see—and browse if they wish.

To know that you make a special effort to put out a "clean" magazine that can have a special place in a Christian home means much to me.

I have had a long, eventful life, and I plan to write my story, as well as produce more paintings. I will need another 20 years of good health to accomplish all my plans! I will be 85 before this year is over (December 25).

My best wishes to all of you.

Ina Pruitt
Springfield, Oregon

No Generation Gap

My family came to Connecticut (New Haven) in 1646 and have had the *SEP* every generation. I used to go to my grandmother's when I was five years old and bring it home, two houses away. Like her, I even then loved magazines.

I also remember my father reading Scattergood Baines stories. I would hear him laughing, long after I was abed, and long after my grandma was gone. I am 77 years old. Now I have a granddaughter who does the same.

Marian Humiston Whitcomb
Camden, Maine

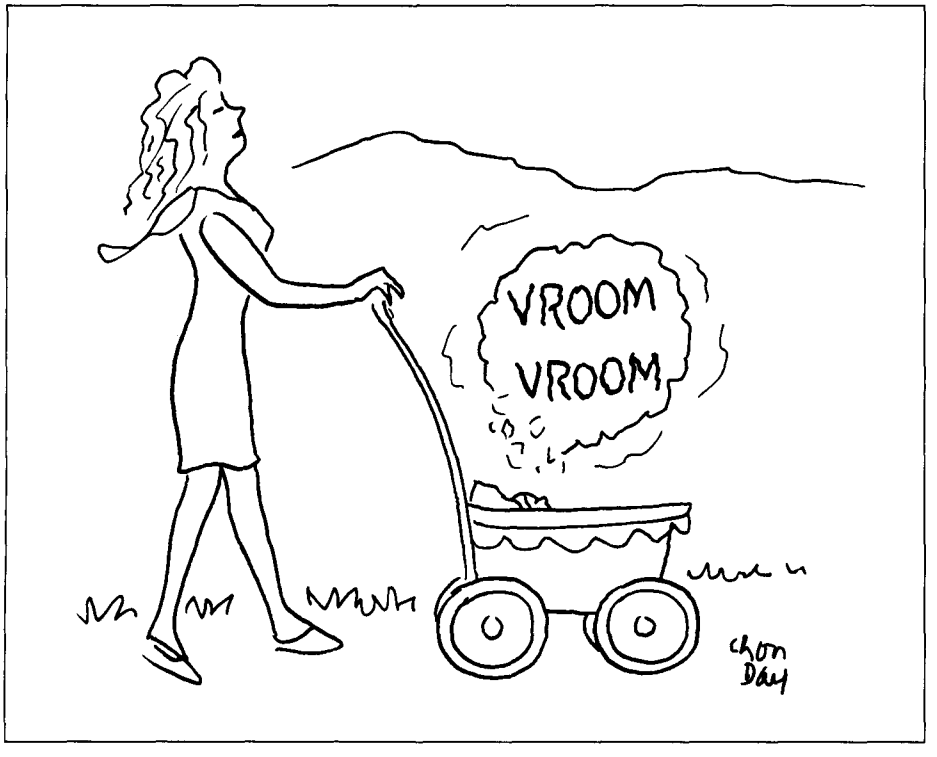
Long Live Maynard

I enjoy your magazine from cover to cover, but my main interest is centered on the humor of that wonderful writer Maynard Good Stoddard. His trials with his "dear wife" are always hilarious. Loved the one in your last issue about the nurse helpmate he thought he'd married—who turned out to be anything but!

Maynard, thank you for all the laughter you generate, and may you continue forever in *The Saturday Evening Post.*

Also, what fun it was to rediscover the antics of Alexander Botts and his Earthworm tractor in the past two issues. I hadn't heard of him in many years, and I hope you'll continue to reprint his adventures.

Virginia Myers
La Habra, California



Tobacco Ad Ban

I am 80 and have enjoyed the *Post* all that time. My earliest memory is my father reading it. It was a weekly that cost five cents.

I am not much of a writer, can't seem to express what I feel, and I suppose in that I am like most Americans.

In the latest *Post*, the article on Dr. Sullivan made some strong statements on tobacco.

Mr. Helms, of North Carolina, is a good man. Good men can be wrong at times. On tobacco he is wrong, but he is so strong that no anti-tobacco legislation will come from Washington as long as he is there. But people have the power to do things on their own. I would like to suggest to your readers that they never subscribe to a magazine carrying tobacco or alcohol ads. That would bring amazing results quickly.

I have canceled already. When I get the bill for renewal I just tell them I will not renew, even though I like the magazine, until those ads are dropped.

Alden Hansen
Cherokee Village, Arkansas

Happy 35th Reunion

Years ago I had to visit Johns Hopkins Hospital, sometimes as often as twice a week. I always enjoyed reading and can easily remember how I always looked forward to reading *The Saturday Evening Post.*

At that time, the copies were much larger. Or was it because I was much smaller?

Anyway, it's been at least 35 years ago. After I had finished with these hospital visits, I never saw any more *Posts*. Well, about a year ago, while in the drugstore, I happened to see a magazine and something on the cover attracted me to buy it. After I got it home, while reading it, I realized that it was one of my dear old friends—the *Post*! Since then, I buy one every month they come out. The cartoons are what made me first realize the familiarity. I was only about 15 then and am 51 now.

Thanks for such a good magazine.

Pauline Breeden
Harpers Ferry, West Virginia

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Post People

What do Nelson Mandela, Henry Kissinger, Corazon Aquino, Jesse Jackson, Jim and Tammy Faye Bakker, and thousands more have in common? They have all been skewered on the spit of ***Ted Koppel***'s "Nightline," now celebrating its tenth anniversary on ABC.

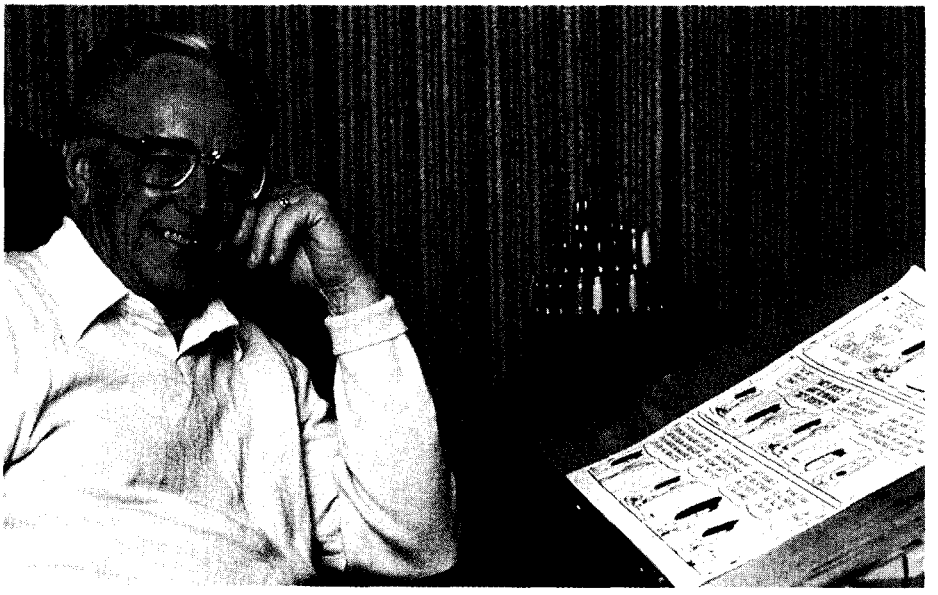
Koppel's skill in asking the hard questions is what impresses viewers most. And asking those questions in a room separate from his victims gives him the edge, he says, adding, "Most guests are more expert than I am, and so I'll take any edge I can get."

Who was the only actress to costar in three movies with Elvis Presley?

A trivia question? Certainly not to ***Shelley Fabares***—who is the answer. Nor did her career begin and end with the King. In fact, she was an actress by age three. She then was a child model, appeared in such early TV series as "Annie Oakley" and "Captain Midnight," and by age nine had guest starred on a TV special with Frank Sinatra, who sang "Young at Heart" to her. Her big break came as the teen daughter on "The Donna Reed Show."

Don't recognize her yet? Then how about her five-year stint on "One Day at a Time," or her recent movie for television, *Run Till You Fall*? Well, if you've missed them all, tune in to "Coach," her current TV series, which will begin its third season this fall.

Oh, yes, somehow she took time out to marry Mike Farrell (of "M*A*S*H" fame) in the garden of her famous aunt, Nanette Fabray.



It has taken a fifth *Rocky* movie for ***Sylvester Stallone*** to finally have the satisfaction of working with his son, Sage (Rocky, Jr.), in this final chapter of the prizefighter's 14-year saga.

Based on audience and critical response, as well as the hundreds of millions of dollars in theater receipts worldwide, there has not been the usual fall-off from a movie series.

This fan loyalty gives *Rocky V* promise of being as popular as the original low-budget "underdog" project, which garnered ten Academy Award nominations and three wins.

Sage Stallone, a student of film and filmmakers, has an ironic connection to the *Rocky* movies. His mother, Sasha, was pregnant with him during the filming of the original *Rocky*.

Good grief, Charlie Brown, you don't look 40! But this is the year, sure 'nuff, that Snoopy, Charlie Brown, and the gang celebrate the 40th anniversary of the ***Peanuts*** comic strip.

You'd have to be in a space capsule this year to miss the "40 Years of Happiness" theme covering the event. There's the book, *Good Grief: The Story of Charles M. Schulz*, the gang's creator. Peanuts jazz music. The Super Bowl XXIV halftime show in New Orleans. Prime time TV shows. A Peanuts exhibit at the Smithsonian Institution's Museum of American History. "Snoopy in Fashion" at the Louvre in Paris, later to tour worldwide. A nationwide public service campaign implemented through more than 2,200 United Way chapters.

Good grief, indeed, Charlie Brown! And happy birthday from *The Saturday Evening Post*—the first magazine to publish cartoons by Charles Schulz.

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HOW TO COURT A LAWYER

Smart shopping at the start can help separate the knights in shining armor from the shysters.

by Roy Grutman

America is a nation of laws. Which means it is also a nation of legal fees, and with many lawyers now charging over $400 an hour for their services, a law office is hardly the land of the free. Attorneys routinely bill clients for meetings, interviews, and telephone calls (whether the phone is answered or not). However, few have the nerve of a famous lawyer I know in Chicago who tried to collect money in his sleep.

The attorney's firm represented some of the most important businesses in the city, so large bills were common. One particular client felt he was grossly overcharged for 12 hours of work. After getting no satisfaction from the lawyer, he took his complaint to the local bar association, which examined the attorney's records and found that his billings for the day in question covered the entire 24 hours! When asked how he could practice law while he slept, the lawyer imaginatively replied, "I dream about my cases."

Lawyer Roy Grutman takes us behind the scenes for the truth, the whole truth, and nothing but the truth about his profession.

Not all attorneys have that kind of earning power, but a lot come close.

Unlike most economic activities, the legal profession has never been seriously affected by the law of supply and demand. The more lawyers there are, the more ways they seem to find for expanding their business horizons. There are lawyers who specialize in sports law, animal law, and surrogate-mother law. If it pays, or if it just gets publicity, it exists as part of the practice. Stock market crashes and political power shifts—which are revenue-threatening disasters for some people—are opportunities for attorneys to create new profit centers.

Since 1960, the number of lawyers in this country has doubled to more than 650,000. Today there is one attorney for every 400 Americans. That's nearly 3 times the lawyer-per-capita ratio of England and 20 times that of Japan.

Since collecting fees can be the most challenging part of practicing law, lawyers spend a great deal of time pondering what services clients will and will not pay for. Frequently, the magic formula has less to do with real customer care than creating the right illusion. A client is more willing to accept a large bill from an attorney who is in demand, or at least pretends to be. By the same token, successful law firms get that way by generating an aura of indispensability, the feeling that nothing important can happen without their assistance.

Still, attorneys in the top firms are always disposable. A lawyer is a tool for problem solving, and if one has trouble finding the right solution, there are a thousand others who think they can.

Although companies and individuals may use the same lawyers for years, nothing is more impermanent than the makeup of law firms, most of which change names regularly as new partners join and others depart. Big firms are forever merging with mid-size firms or having members leave to form smaller ones. The law is a nomadic profession, and whether attorneys are rotating in and out of partnerships or auctioning themselves off to the highest corporate bidder, they tend to be in constant motion.

The cause of all this movement is the hunt for clients. Sharks have to keep swimming forward or they die; lawyers have to bring in new business or they go belly up. At the high end of the income pyramid, that means attaching themselves and their firms to big companies, banks, and industries—first by doing legal work, then by moving into board-level and executive positions. At the low end, it often means taking anything that comes through the door.

When a major corporation has a legal problem, its counsel springs into action and business goes on as if nothing has happened. When the average person needs a lawyer, everything in his life comes to a stop. And since he usually needs help in a hurry, there is little time for comparison shopping.

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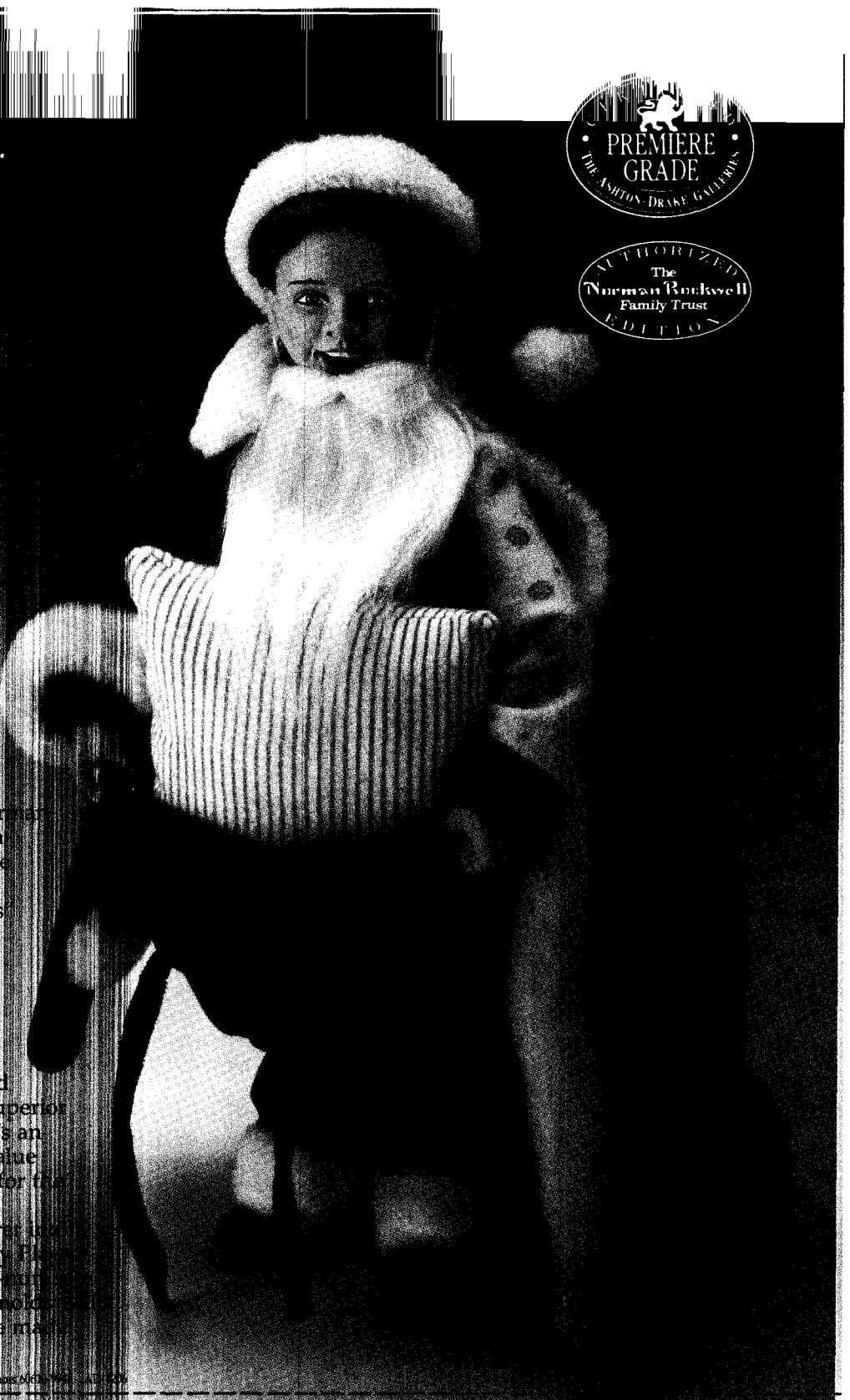

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The typical civil case begins with a trip to an attorney's office. If party X is being sued by party Y, party X's lawyer will ask him for details, then get in touch with the attorney for party Y to see how much money he wants. As the plot thickens, both sides flex their muscles. The lawyer for party X answers the complaint, motions are filed, letters and phone calls are traded, and a settlement may be offered, accompanied by more muscle flexing. If Y accepts, the case is over. If Y isn't interested, a trial date is set, briefs are filed, a jury is selected, and the two sides get ready to face one another in court. On the big day, lawyers for X and Y meet and have a private discussion, and then the case, more often than not, is settled.

Seventy-five percent of all civil cases follow this pattern. The rest are resolved in court or are continued once or twice for dramatic effect and then settled. In the meantime, lawyers log hundreds of hours of billable time, while their clients usually have no idea what is actually going on.

If you know a good attorney or know someone who does, you are ahead of the game. But taking your problems to a lawyer you trust does not necessarily mean he's the one who will handle your case. Chances are good that he will refer you and your troubles to someone else. There is easy money in legal referrals, and some attorneys, working on a split-fee basis, broker clients the way Hollywood agents sell movie ideas. The practice is considered unethical, but so are a lot of things lawyers do. Just for making the call that sent you next door, an attorney can pick up a sizable percentage of any money you gain by going to court. At best, if your case is referred, you will be funneled to a lawyer who knows what he's doing and does it at no added cost. At worst, several attorneys from several different firms could get involved, each taking a cut and each adding his own extras to the final bill.

Since legal problems are often emergencies, law firms, in the great tradition of price gouging, charge whatever the traffic will bear. But like everything connected with the profession, attorneys surround their fees in mystery. Until the first bill arrives, smart lawyers try to keep the emphasis on what the client stands to gain from his case, not how much it will cost.

Some firms, like Wachtell, Lipton in New York, are so expensive that price is no object for most of its clientele. Last year the firm made $20 million for two weeks' work representing Kraft Foods in its takeover by Philip Morris. "Our feeling is that if our services aren't going to satisfy you, we're not going to have a good working relationship," said managing partner Martin Lipton. If, for some reason, a client does not like the bill—retainers reportedly begin at $250,000—Wachtell, Lipton lawyers simply ask him to pay what he thinks is fair and never come back.

For years, local bar associations suggested minimum price guidelines, and most run-of-the-mill attorneys followed them. Several anti-trust suits put an end to the practice, and legal fees are now largely a reflection of what a firm thinks it is worth—or thinks it can get away with charging.

As a rule, small firms are less expensive than big ones, mainly because they operate on less overhead. (It

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helps to remember when selecting a law firm that the Oriental carpets and rare antiques in the lobby are paid for by clients.) Small firms are frequently started by ambitious lawyers from big firms who leave to prove themselves. What they lack in interior design, they often make up for in special skills and hard work. Still, that's no guarantee you will find the right talent to handle your case.

Big firms have resources small firms lack. The largest firm, Baker & McKenzie, the McDonald's of law, has offices around the world. But size can be deceiving. Among larger firms it is common for name partners (the "finders") to sign up cases, then hand the actual work over to junior associates (the "grinders"). As a result, clients frequently pay for top-quality attention they never get.

A classic example is overbilling for routine court appearances. Large firms file dozens of motions on various cases every day. This is often done in one mass dumping by a legal underling, but at first-class hourly rates for each motion. Few people ever know that all they buy when they hire a big-name lawyer is his name.

Billing tricks are common, and large and small firms have many ways to disguise doing nothing as work. Assigning more lawyers than needed to a case and then passing the added cost on to the client is standard practice. "Review, analysis, and study," a phrase that often appears on legal bills, can mean virtually anything from opening mail to reading the newspaper. "Conference time" is another favorite billing term. It might sound important, but it usually means the client is paying for a lunch.

Most firms charge by the hour. Billing clients for every six minutes of work is the wave of the future. Advocates say the new system makes accounting more precise, even if it misses some of the hidden costs. When I pressed a New England tax specialist for his firm's hourly rates, he told me the average was $350, then quickly added, "That doesn't include photocopying."

He was not kidding. Copying can be a very expensive extra. In big merger cases a million dollars is cheap. Photocopying documents for a divorce or a contested will can increase a lawyer's fee by hundreds of dollars. Although knowing the cost per page up front may not minimize the bite, it will lessen the surprise when the time comes to pay.

The most common complaint from clients, aside from being overcharged, is that their lawyers never pay attention to them, never call, never write, never keep them informed. This goes for corporations as well as individuals. The worst cases of neglect can be remedied by a malpractice suit, which will require you to hire a second lawyer to sue the one you hired in the first place. But smart shopping to start with can help separate the knights in shining armor from the shysters.

Cross-examining a Lawyer

• *Trust your instinct.* Whether your legal problem involves the breakup of a business partnership or the end of a marriage, a good lawyer should be

continued on page 86

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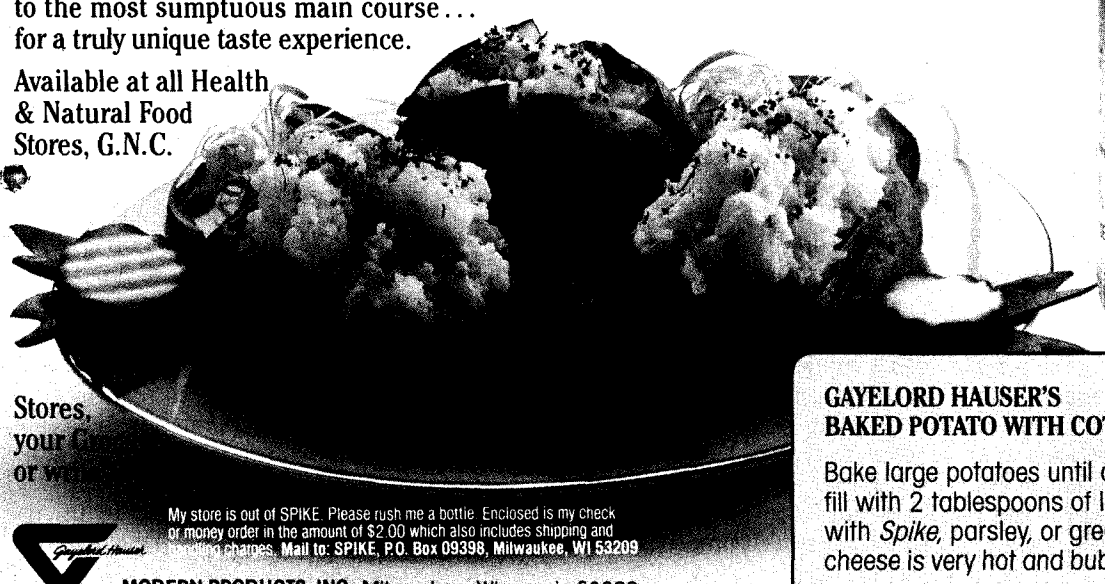

GAYELORD HAUSER'S BAKED POTATO WITH COTTAGE CHEESE

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FOOD

WHAT'S IN FOR BREAKFAST?

If you've been breaking the overnight fast with a hastily chosen danish and a cup of coffee, or skipping the morning meal altogether, here's a real eyeopener.

by Patrick Perry

Over the centuries, the sound of reveille has signalled the awakening of man's most constant and demanding companion—his appetite. To tame the savage beast within, civilizations have devised imaginative responses to one of mankind's most nagging daily questions: "What's for breakfast?"

The busy Egyptians just may have invented the forerunner of today's food bar. For Cleopatra and her entourage, breakfast was an as-you-go affair: a buffet of bread and meat washed down with a beer chaser. The Romans, early risers, breakfasted at three or four o'clock in the morning on a wholesome snack of a little bread and cheese, or dry fruits. The ancient Greeks emulated the warrior Ulysses, who allegedly prepared his breakfast at sunrise and drew his strength from a frugal repast of bread steeped in pure wine—a heady start. In Edward VII's England, the morning meal often included haddock, poached eggs, bacon, chicken and woodcock, porridge and cream, teas, and jellies. Sound heavy? Consider then an early Scottish Highland meal of oatmeal with cream, smoked herring, sardines with mustard, broiled trout, cold meat pies, broiled kidneys, woodcock, sausages with mashed potatoes, tongue with horseradish sauce, conserves, marmalade, fruits, breads, etc., ad nauseam. These were washed down with plenty of "whets such as ale, rum, or a spirit called scalch." Lest ye were a lady, that is, for whom "tea was the standard eyeopener and bracer for an early-morning stroll."

A simple bowl of high-fiber cereal and a serving of fresh fruit make an easy early-morning meal guaranteed to energize your day.

Today, leisurely morning meals seldom occur except on weekends, and then infrequently. Having a piece of toast or a bowl of cereal with a cup of coffee on our way out the door is the usual routine. Many omit the morning meal altogether.

Skipping breakfast, however, might be a mistake. After a good night's sleep, the body is truly hungry; we have not eaten for around eight hours. Our bodies need proper fuel to be alert and energetic enough to meet the day's demands. Breakfast gives us the needed start. And that's not all. A recent study of 11,864 adults between the ages of 20 and 74 at St. Joseph's University revealed that eating breakfast could help keep cholesterol levels down. Individuals who skipped breakfast had higher serum cholesterol levels than those who ate a morning meal.

Dr. Dean Ornish of the University of California School of Medicine has been studying ways to reverse heart disease through diet and lifestyle changes. He recommends a breakfast of warm or cold cereal or whole-grain pancakes and waffles. If you are in a hurry, you can make hot cereal in a thermos the night before by pouring boiling water over the cereal. Take it with you to work. Eating cereals high in fiber and protein will make a difference in how you feel through the morning. Look for cereals containing less than one gram of fat per serving. Among these are Wheatena, Cream of Wheat or Rice, Nutri-grain, Raisin Bran, and a multitude of other commercial cereals. Or make your own breakfast cereal using oats, raisins, diced fruits and nuts, and other grains (see recipe for Honey Granola on the following page). When serving pancakes or waffles, omit the butter or margarine to trim unwanted fat from your diet.

For some new breakfast items, try the Potato Pancakes, Peach-Barley

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Casserole, Sunflower Seed Waffles, or Apple Burritos. These recipes were developed in the kitchens of the Weimar Institute, which uses the NEWSTART program—a diet and exercise program stressing low-fat, cholesterol-free, high-fiber cuisine. We guarantee you a morning meal fit for a Caesar.

Honey Granola
(Makes 8 cups)

4 cups old-fashioned rolled oats
2 cups coarsely chopped nuts
1 cup golden raisins
3/4 cup honey
1/2 cup margarine
2 teaspoons ground cinnamon
1 teaspoon vanilla
Dash salt

Combine oats, nuts, and raisins in large mixing bowl; mix well and set aside. Combine honey, margarine, cinnamon, vanilla, and salt in saucepan; bring to boil and cook 1 minute. Pour honey mixture over oat mixture and toss until well-blended. Spread in lightly greased cookie sheet. Bake at 350° F. 20 minutes or until lightly browned; stir every 5 minutes. Cool. Crumble and store in airtight container up to 2 weeks.

Sunflower Seed Waffles
(Makes 3 large waffles)

1 teaspoon ground sesame seeds
2 1/2 cups water
2 1/4 cups regular rolled oats
1/4 cup sunflower seeds
1 teaspoon salt
5 dates, chopped
2 teaspoons vanilla

Chop dry sesame seeds in blender. Measure all ingredients. Mix together just long enough to thoroughly blend, but not to get too thick. If mixture becomes too thick, add additonal water. Spray waffle iron with nonstick spray. Bake in moderately hot iron 8 minutes.

Peach-Barley Casserole
(Makes 6 servings)

2 cups rolled barley or rolled oats
2 cups canned or fresh sliced peaches
1/2 cup raisins
1/4 cup chopped nuts
1 tablespoon vanilla
1 teaspoon salt
1/8 teaspoon coriander
1 pinch cardamom
4 cups water

Combine all ingredients in 2-quart casserole, and arrange a few peaches nicely on top. Bake, uncovered, at 350° F. 1 hour.

Apple Burritos
(Makes 12 burritos)

6 large cooking apples
3 tablespoons apple concentrate
1/2 teaspoon vanilla
1 teaspoon maple flavoring
1/2 cup raisins, if desired
1/2 cup chopped walnuts, if desired
12 tortillas (recipe follows)

Peel, core, and slice apples. Cook apples in apple concentrate; watch carefully to keep from burning. When tender, add remaining ingredients except tortillas. Let simmer uncovered to take up extra liquid. Place 1/3 cup apple mixture in center of each tortilla. Roll and place seam side down in prepared

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baking pan. When all burritos are in place, cover with apple syrup (see recipe below). Bake 20-30 minutes at 350° F. Serve as breakfast or dessert.

Maria's Tortillas

2 cups water
1 cup oatmeal
1/4 cup sesame seeds
2 cups whole-wheat flour
2 cups unbleached flour
1/2 teaspoon salt

Mix water, oatmeal, and sesame seeds together in blender until fine. Place all ingredients in bowl. Knead. Roll out small pieces in circles.

Bake on hot griddle 1 minute on each side. No oil is necessary.

Apple Syrup (for burritos)

16 ounces canned apple concentrate
2 cups water
4 tablespoons cornstarch
1/2 teaspoon lemon juice
1/4 teaspoon cardamom
1/4 teaspoon coriander

Combine all ingredients and cook in saucepan over medium heat, stirring constantly, just until slightly thickened.

Potato Pancakes

6 potatoes
1/3 cup soy or nut milk
3 tablespoons chopped fresh parsley
1/2 teaspoon onion powder
1 teaspoon salt
1/2 teaspoon garlic powder

Cook potatoes until tender. Mash until smooth with soy or nut milk, chopped parsley, onion powder, salt, and garlic powder. Shape potato patties—keep moist. Place on sprayed cookie sheet.

Bake at 400° F. about 30 minutes or until golden brown on both sides.

Whole-Wheat Waffles
(Makes 4 medium waffles)

1/2 cup all-purpose flour
1/2 cup whole-wheat flour
1/4 cup crunchy nutlike cereal nuggets
1 tablespoon double-acting baking powder
1/2 teaspoon salt
1 egg white
1 cup skim milk
2 tablespoons vegetable oil

Mix flours, cereal, baking powder, and salt. Beat egg white, milk, and oil; add to flour mixture and mix well. Bake in preheated waffle iron until golden. Serve topped with lowfat yogurt, fresh fruit, crunchy nutlike cereal nuggets, raisins, reduced-calorie maple-flavored syrup, etc., if desired.

Go with the grains. Honey Granola combines oats, nuts, raisins, and honey in a nutritional cereal created in your own kitchen.

Cereal Breakfast Parfait
(Makes 2 servings)

1 cup sliced strawberries or other fresh fruit
8 ounces vanilla low-fat yogurt
1/2 cup crunchy nutlike cereal nuggets

Alternate layers of fruit, yogurt, and cereal in 2 stemmed glasses.

Waffles Perfect
(Makes 4 large waffles)

6 dates
2 1/2 cups rolled oats
4 1/2-5 cups hot water
3/4 cup cornmeal
3/4 cup whole-wheat flour
1 tablespoon vanilla
1 teaspoon salt

Mix dates and rolled oats in about half of water. Add remaining ingredients. Batter will be thin. Bake in hot waffle iron 10 or more minutes. Do not peek for at least 10 minutes!

Waffles may be made ahead and frozen, then heated briefly in toaster (not in oven).

Healthy Bran Muffins
(Makes 12 muffins)

1 1/4 cups all-purpose flour
1 tablespoon baking powder
1/2 teaspoon salt
2 tablespoons sugar
1 1/2 cups bran cereal
1 1/4 cups skim milk
2 egg whites
2 tablespoons vegetable oil

Stir together flour, baking powder, salt, and sugar. Set aside. Measure bran cereal and milk into large mixing bowl. Let stand 2 minutes or until cereal is softened. Add egg whites and oil. Beat well. Stir in flour mixture, stirring only until combined.

Portion batter evenly into 12 greased 2 1/2" muffin cups.

Bake at 400° F. 18 minutes or until golden brown. Serve warm.

Honeyed Peach Crisps

1 small peach, pitted and sliced
1 teaspoon honey
1/2 cup whole-wheat and bran cereal, any variety, crushed slightly

Place peach slices on plate. Drizzle with honey and coat with cereal.

(Also try Honeyed Peach Crisps as a high-fiber dessert idea.)

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DINING INS AND OUTS

"But we had that last night!"

"Of course it tastes like mud. It was ground this morning."

"I'm not sure what kind of soup it is. It was in this tureen I got at a garage sale."

"I'm still negotiating with my husband how high I can go on the menu."

"Because Rickie hates beef, Susie hates fish, and you don't like chicken or lamb. That's why we're eating beans!"

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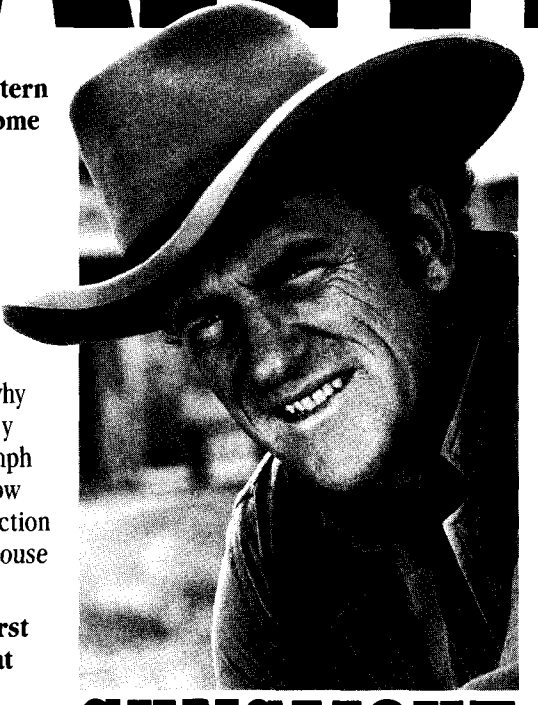

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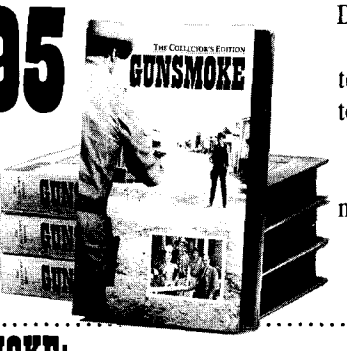

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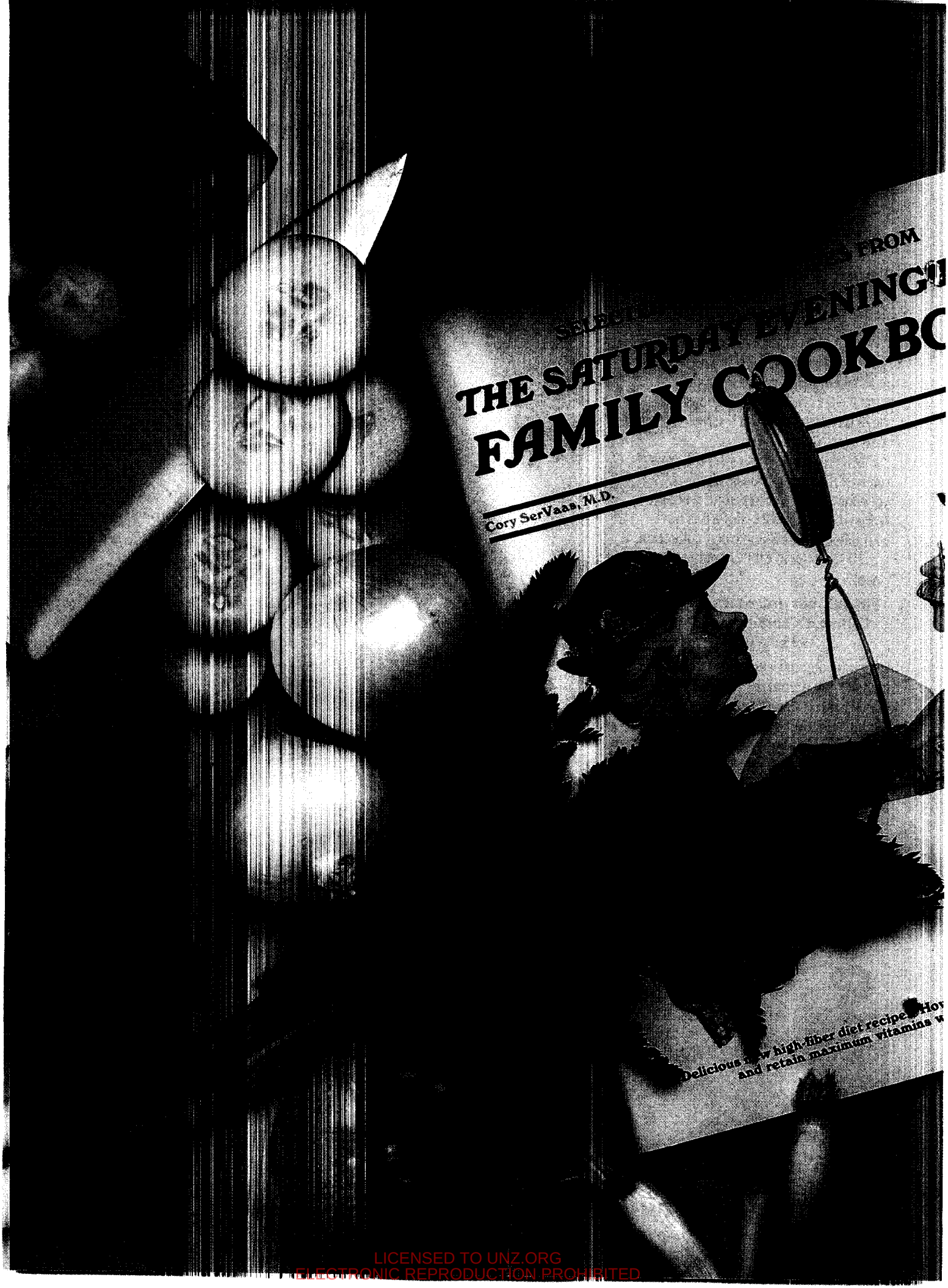

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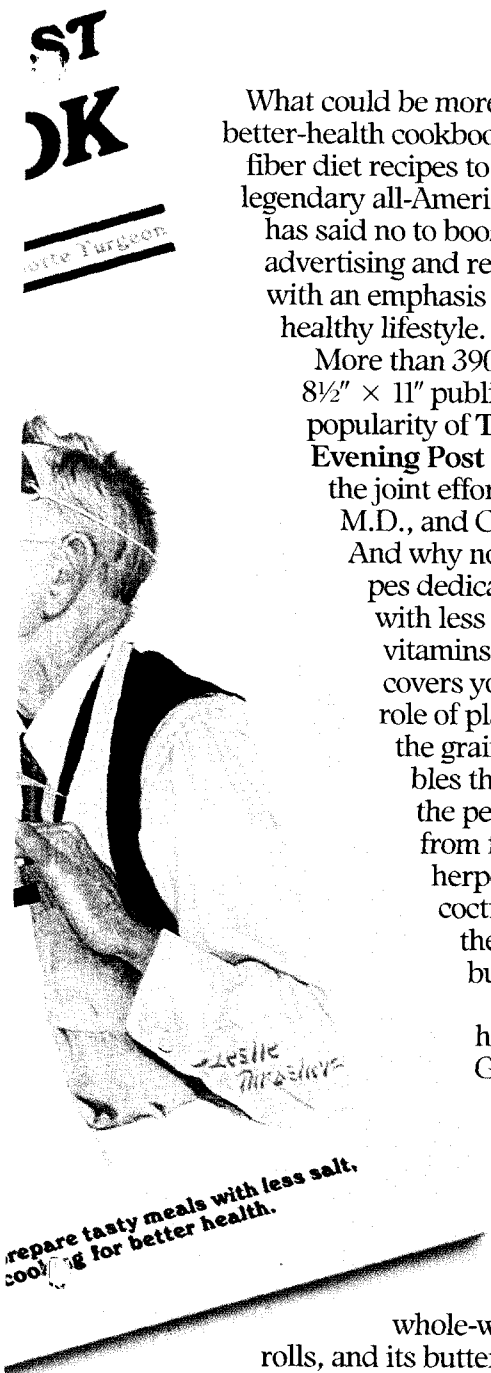

What could be more appropriate—a better-health cookbook of delicious high-fiber diet recipes to accompany the legendary all-American magazine that has said no to booze and tobacco advertising and replaced those pages with an emphasis on a long, happy, healthy lifestyle.

More than 390,000 copies of this 8½" × 11" publication attest to the popularity of **The Saturday Evening Post Family Cookbook,** the joint effort of Cory SerVaas, M.D., and Charlotte Turgeon. And why not? It offers 110 recipes dedicated to tasty meals with less salt and maximum vitamins. Between its soft covers you'll learn about the role of plant fiber in the diet; the grain, fruit, and vegetables that supply the fiber; the percentage of calories from fast foods; a diet for herpes control; and concoctions that will make the 112 pages a taste-bud's wonderland.

We're talking here of "Morning Glories"—from cornmeal waffles to sourdough buckwheat pancakes. Of "Learn to Love Loaf-ing"—its high-fiber onion-rye buns, its whole-wheat apple-nut rolls, and its buttermilk raisin bread.

We're talking of "Stirring Experiences," and celery soup, sweet-and-sour cabbage soup, corn-and-cheddar-cheese chowder. Of "Taking Your Leaves"—which includes tomato rice salad, lentils vinaigrette, and carrot salad extraordinaire. As for "The Main Event," how about broccoli-cashew casserole, baked bran swordfish steaks, roast chicken with corn-bread stuffing? And then there are the "Lucky Breaks" of honey-wheat cookies, meatless reuben sandwiches, breaded carrots . . . and on through "Making Light of It," and much, much more.

Best of all, with your subscription or renewed subscription to the **Post,** the **Family Cookbook** will be mailed to you FREE. And the **Post,** as you probably already know, is the dessert among today's magazines. Our centerfold pictures concentrate more on the inside of the body than the outside . . . our four-letter words can be read without concern by the whole family . . . our humor and cartoons are innuendo free . . . the celebrities we write about in sports, religion, entertainment, or whatever, are people you would want your children to meet . . . our puzzles and quizzes and contests are good clean fun . . . our travel pieces take you via armchair express to only the best places . . . our food articles and medical updates are aimed at keeping you healthy.

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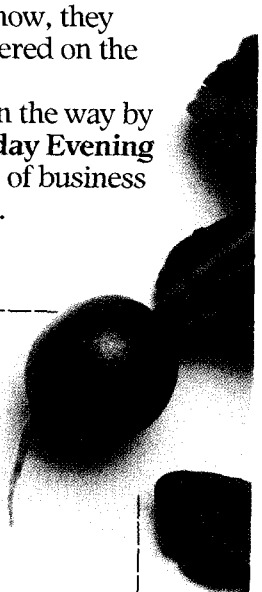

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DIETS THAT PROTECTED AGAINST CANCERS IN CHINA

An unparalleled study found that Chinese who concentrated more on cereals and legumes than on foods high in protein had less cancer and degenerative disease.

by Cory SerVaas, M.D.

Editor's note: The *Post* doesn't like to boast that "we told you so"—but the truth is we told you so. Five years ago, in fact.

Our July/August 1985 issue reported the landmark study in China that proved how diets protect against cancer and other degenerative diseases.

Recently, and five years later, Jane Brody in the *New York Times* termed this a "Grand Prix of epidemiology." Jane Brody was right. This landmark study should shake up medical and nutrition researchers everywhere. It should have five years ago!

Dr. T. Colin Campbell told us then that the numbers would take a long time to analyze, and researchers would have enough material to keep them busy for a very long time before all the facts would be published in professional journals.

Dr. Campbell predicted that the "living laboratory" will continue to generate vital findings for the next 40 to 50 years. We knew that many of our readers wouldn't be around then to benefit, so we wrote from memory and printed the material that had been presented to the assembled nutritionists. Then we waited patiently for further analysis of the data.

Because of the 1985 article's importance, we're reprinting it along with Jane Brody's recent excellent piece about the project. Her summary makes a strong argument that what we've been urging *Post* readers to eat for the past two decades is right on target.

Post-tested Chinese recipes follow our 1985 reprint.

The setting was dark, but the *Post* luckily had a camera on hand in 1985 to capture this memorable meeting of West and East, Dr. T. Colin Campbell and Dr. Chen Junshui, as they answered questions right and left from an enthusiastic audience in Washington, D.C. The unprecedented study they presented could change how Americans eat to protect themselves against cancer.

We were fortunate to hear the presentation of what is sure to become a landmark study of diet related to cancer mortality. "What we got was a snapshot in time—something we could have gotten nowhere else in the world," said Dr. T. Colin Campbell, a Cornell University professor of nutritional biochemistry and the director of a massive study of Chinese dietary habits. The results of the study were given as the last event of the three-day 1985 annual meeting of the American Society for Clinical Nutrition in Washington, D.C. It was the most exciting presentation we had ever witnessed. It was the event we had all been waiting for—the first preliminary results of the massive Chinese diet-cancer study. Dr. Chen Junshui, co-director of the effort, had come from Beijing, China, to speak. His remarks and those of Dr. Campbell were exciting enough to cause any nutrition researcher to want to catch the next flight to China.

Everyone agreed that another study like this one could never be done. It all became possible because more than 800 million Chinese (96.7 percent of the country) had been surveyed between 1973 and 1975. Six-hundred fifty thousand workers went to individual homes in China to find out who had died from cancer.

In 1983, the study designed by Dr. Campbell and Dr. Chen used the cancer information from the earlier survey, and the types of cancer deaths reported earlier were verified in commune and county hospital records. A trained pool of workers was able to test 13,000 subjects in 65 random counties in rural areas of the country. Because the people ate food grown in their immediate area and weren't mobile, scientists could analyze what they ate. The scientists could then compare diet with cancer mortality.

What the scientists discovered was dramatic, statistically significant data. For example, the commune with the highest serum cholesterol levels had 473 times as many women dying from esophageal cancer as had the communes with the lowest serum cholesterol levels. There were equally wide ranges among males studied.

Chinese who consumed more protein had a higher mortality from cancer of the stomach and esophagus. They also had greater incidences of cancer of the lung, the colon, and the rectum, and more leukemia than those who consumed less protein.

Communes where serum cholesterol was higher had more deaths from stomach, esophagus, lung, colon, and rectal cancer, as well as leukemia. Communes that had lower serum cholesterol had fewer of these cancer deaths.

Chinese whose selenium intake was higher were less likely to die from esophageal and stomach cancer. Chinese with higher plasma beta carotene levels also had a lower mortality incidence from esophageal and stomach cancer.

Linus Pauling will be happy to note that the Chinese who

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Delicious Oriental eggplants, a prized commodity, are rare and expensive in the U.S.

Chinese have a passion for freshness in their fruits, vegetables, and seafood.

Barbara Brundege and Eugene Fisher

The China study found that those who ate more vegetable fiber had a significantly lower incidence of cancer mortality than those who ate less fiber.

had higher vitamin C intake were less likely to die from esophageal and stomach cancer. Vitamin A also protected against death from esophageal and stomach cancer.

I asked Dr. Campbell, who conceived the idea for the extraordinary study, to explain how it came about. The project was born in his home one evening during a discussion with Dr. Chen, who was studying at Cornell in 1980. The idea originally was to study only the effects of selenium intake on the cancer mortality incidence. Once into the study, however, the researchers quickly noted that a unique opportunity was at hand to expand the study to include many more dietary components.

In the fall of 1983, blood samples, urine samples, and dietary analyses were taken all over China. The blood samples were studied in a unique way by pooling samples from 25 persons at each commune site for combined analysis, but leaving individual samples for later study too. The combined samples were analyzed in both China and the United States, and the information was fed into a computer at Cornell. The results were then compared to the cancer mortality (1973-75) study.

We asked Dr. Chen if he was surprised to find so much more cancer in communes whose diets had been higher in protein. "No," he said. "We expected that because it followed animal experiments that have shown similar increases in cancer in animals on higher-protein diets." Dr. Chen impressed us as a dynamic professional whose work would be painstakingly thorough. Dr. Campbell said, "He's superb. I can think of all kinds of superlatives to describe him."

After the presentation of a study as important as this one, peers question the presenters. Dr. Allan L. Forbes, president of the American Society for Clinical Nutrition and director of the Office of Nutrition and Food Sciences of the FDA, asked about the methods of verifying the cancer diagnoses. Everyone seemed impressed with Dr. Chen's scientifically sound explanation of the methods used.

Dr. Campbell stressed that all findings so far are only preliminary. The significance of even the preliminary work is astounding. It will take months before all the data are analyzed and the final study is written for publication, however.

Some scientists feel the public shouldn't be informed until 100 percent of the facts are studied. We're glad that Drs. Campbell and Chen were willing to share preliminary data with us. Given the urgency of the cancer problem, we believe that it is already time to eat more of the foods being consumed by those Chinese who had a dramatic protection against cancer in the study. At the *Post* we are choosing more foods from the low-cholesterol category. We choose fewer high-cholesterol products, such as eggs, cream, and animal fats.

Dr. Campbell told us that, as we expected, those Chinese who ate more fiber had a significantly lower incidence of cancer mortality than those who ate less fiber. It was a particularly good opportunity to make this comparison—the amount of fiber varied from 3 grams a day in some communes to 57 grams a day in others.

At the *Post* we get as much of our protein as possible from foods that are mostly complex carbohydrates. Cereal grains, legumes, and vegetables are important basics in our menus. High-lysine cornmeal contains about twice as much lysine as regular cornmeal, but by weight and calories, cornmeal is essentially a carbohydrate food. If you can get your essential amino acids (protein) from a variety of cereal grains, legumes, and vegetables, we believe you are on the way to a cancer-protection diet. We hope to learn a lot more about the Chinese study, and we will be reporting the results in future issues of the *Post*.

The following is a list of foods to choose and not choose. We've selected these from the NCI book *Diet, Nutrition and Cancer Prevention: A Guide to Food Choices*. All the institute's suggestions are borne out by the preliminary results of the Chinese study.

Choose More Often

Peas and beans:

• Pinto, black, kidney, garbanzo, navy, white, and lima beans; lentils; black-eyed and split peas

Low-fat or skim-milk dairy products:

• Low-fat or skim milk and buttermilk
• Low-fat yogurt
• Skimmed evaporated milk, nonfat dry milk
• Low-fat cheese (ricotta, pot, farmer or cottage, mozzarella, or cheeses made from skim milk)
• Sherbet, frozen low-fat yogurt, ice milk

Fats and oils:

• "Diet" and low-fat salad dressings
• Low-fat margarine

Lower-fat poultry, fish, and meat:

• Chicken, turkey, Rock Cornish hens (without skins)
• Fresh and frozen water-packed canned fish and shellfish

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Look to the East.

COVER STORY

In healthful living, East beats West

By Nanci Hellmich
USA TODAY

Eating habits are on right track in China, while most in USA need a fat overhaul

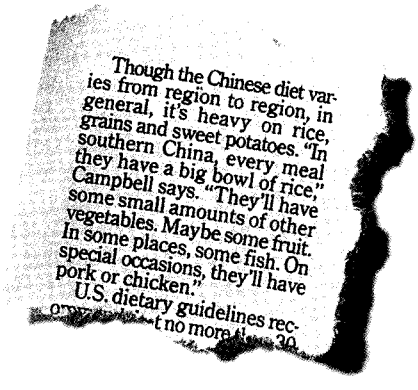
Looking for ways to be healthier, thinner and live longer?

Look to the East.

Two new studies add to the growing pool of evidence that the traditional Chinese lifestyle — eating less fat and more plant foods, and exercising — is the healthiest. And that the typical Western way of life can be a killer.

In a study reported in today's *Journal of the National Cancer Institute*, researchers at Stanford University School of Medicine found that Chinese-Americans who had adopted a Western lifestyle — they spent a lot of time sitting and ate diets high in saturated fats — were at a greater risk for colon cancer than their more traditional counterparts.

Meanwhile, a major ongoing [illegible] University study of [illegible] people, [illegible] National [illegible]



Though the Chinese diet varies from region to region, in general, it's heavy on rice, grains and sweet potatoes. "In southern China, every meal they have a big bowl of rice," Campbell says. "They'll have some small amounts of other vegetables. Maybe some fruit. In some places, some fish. On special occasions, they'll have pork or chicken."

U.S. dietary guidelines rec[illegible] no more [illegible] 30

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Snack foods:
- Fruits and vegetables
- Breads and cereals

Cruciferous vegetables:
- Choose several servings each week. Brussels sprouts, cabbage, broccoli, cauliflower, rutabagas, turnips.

Food preparation:
- Baking, oven broiling, boiling, stewing (skimming off fat), poaching, stir-frying, simmering, steaming
- Use nonstick cookware to avoid extra fat
- Season vegetables with herbs, spices, or lemon juice

Choose Less Often

Higher-fat poultry, fish, and meat:
- Duck and goose
- Poultry with skin
- Frozen fish sticks, tuna packed in oil
- Regular luncheon meats, sausage
- Beef, veal, lamb, and pork cuts with marbling, untrimmed of fat

Full-fat dairy products:
- Whole milk
- Butter
- Yogurt made from whole milk
- Sweet cream, sour cream, Half-and-Half®, whipped cream, other creamy toppings (including imitation)
- Cream cheese, cheese spreads, Camembert, Brie
- Hard cheeses such as cheddar, Swiss, bleu, American, Monterey Jack, Parmesan, etc.
- Ice cream
- Coffee creamers (including nondairy)
- Cream sauces, cream soups

Fats and oils:
- Vegetable and salad oils, shortening, lard, meat fats, bacon
- Mayonnaise and salad dressings
- Margarine
- Gravies, butter sauces

Snack and bakery foods:
- Donuts, pies, pastries, cakes, cookies, brownies
- Potato chips and snack crackers
- Canned puddings, icings, candies made with butter, chocolate
- Granola, croissants

Food preparations to avoid:
- Batter and deep-fat frying, sautéing
- Use of fatty gravies and sauces
- Adding cream or butter to vegetables

CHINESE RECIPES

Oriental Chicken Salad

(Makes four 3-cup servings)

1/4 cup raw almonds, chopped
1 head Napa cabbage
1 pound (4 cups) raw mushrooms, sliced
3/4 pound (3 cups) cooked chicken breast, julienne cut
1 cup chopped scallion tops
1 cup snow peas, strings removed, ends notched in a V-shape and blanched
1 cup fresh bean sprouts
1 cup water chestnuts, julienne cut
1 cup Oriental Dressing (see recipe that follows)
1/4 cup red and yellow bell peppers for garnish, julienne cut

Place chopped almonds in preheated 350° F. oven 8-10 minutes or until golden brown. Watch carefully, as they burn easily. Set aside.

Place 3 Napa cabbage leaves on each of 4 chilled plates for garnish. Shred the rest; you should have 4 cups.

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Combine shredded cabbage, mushrooms, chicken, scallion tops, snow peas, bean sprouts, water chestnuts, and Oriental Dressing and toss thoroughly.

Spoon 3 cups salad mixture onto each plate, and top each with 1 tablespoon toasted almonds and 1 tablespoon red and yellow bell peppers.

Oriental Dressing

(Makes 1 cup)

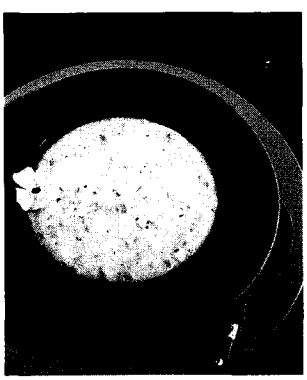
6 tablespoons rice wine vinegar
2 tablespoons dark sesame oil
2 teaspoons Angostura low-sodium soy sauce
1/2 cup frozen unsweetened pineapple juice concentrate, undiluted
1 1/2 teaspoons peeled, chopped fresh ginger root
1/2 garlic clove (1/2 teaspoon), chopped
1/8 teaspoon crushed red pepper flakes

Combine all ingredients in blender container and mix well.

Refrigerate dressing in tightly covered container. Mix well before each use.

Egg Drop Soup

(Makes four 3/4-cup servings)



3 cups defatted chicken stock
1 egg white
2 tablespoons flour
2 teaspoons water
1 tablespoon Angostura low-sodium soy sauce
4 teaspoons finely chopped chives or scallion tops

Bring chicken stock to boil. With wire whisk, mix egg white, flour, and water until smooth.

Pour in thin stream into boiling chicken stock. Do not stir until egg mixture is cooked. Add soy sauce and mix well. Ladle into consommé cups, and top each serving with 1 teaspoon chopped chives or scallion tops.

Broccoli Stir Fry

(Makes 8 cups)

1 tablespoon sesame seeds
1 cup cold chicken stock
2 teaspoons cornstarch
1 tablespoon peeled, chopped, fresh ginger root
2 tablespoons Angostura low-sodium soy sauce
2 tablespoons corn oil
1 clove (1 teaspoon) finely chopped garlic
10 cups (3 pounds broccoli stalks) broccoli florettes

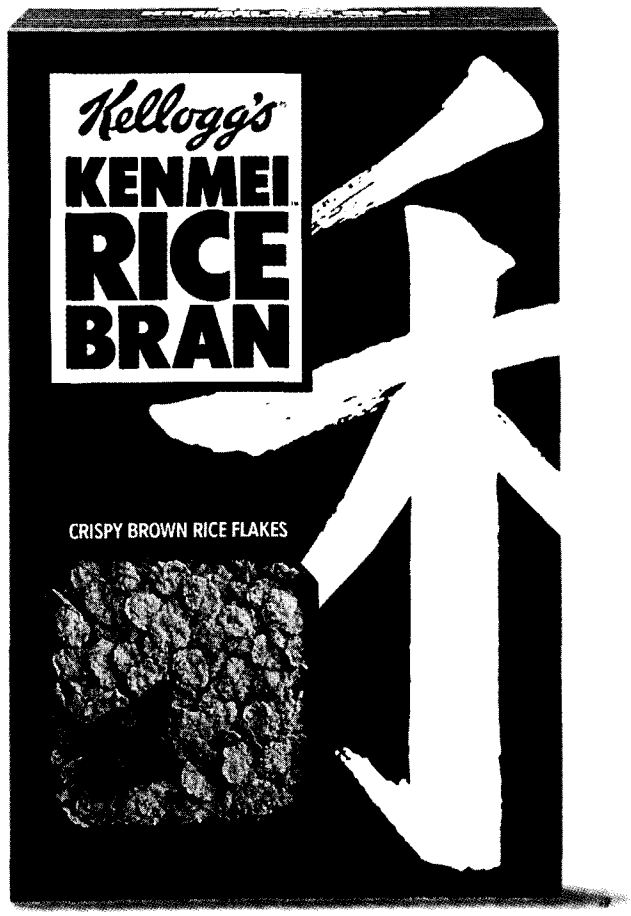
Preheat oven to 350° F.

Place sesame seeds in preheated oven and toast until golden brown, about 5 minutes. Watch carefully, as they burn easily. Set aside.

Combine cold chicken stock and mix until cornstarch is dissolved. Add ginger and soy sauce. Mix well and set aside.

Heat corn oil in wok or large skillet. Add garlic and cook until it sizzles; do not brown. Add broccoli florettes and toss 1 minute. Pour chicken stock mixture over broccoli, cover, and cook 4 minutes, or until just tender. Add toasted sesame seeds and mix well.

Now look to the West.



The recent National Cancer Institute study suggests that the traditional Chinese lifestyle, including exercise and a low-saturated-fat diet of predominantly rice and grains, may be healthier than the typical Western lifestyle and diet.

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CHINA'S BLOCKBUSTER DIET STUDY

The "living laboratory" of 800 million Chinese subjects will continue to generate vital findings in eating habits and health for the next 40 to 50 years.

by Jane E. Brody

Early findings from the most comprehensive large study ever undertaken of the relationship between diet and the risk of developing disease are challenging much of American dietary dogma. The study, being conducted in China, paints a bold portrait of a plant-based eating plan that is more likely to promote health than disease. The study can be considered the Grand Prix of epidemiology. Sixty-five hundred Chinese have each contributed 367 facts about their eating and other habits that could ultimately help them and Americans preserve their health and prolong their lives. The data alone fill a volume of 920 pages, to be published this fall by Cornell University Press.

NYT/Peter Morenus

Dr. T. Colin Campbell is the American mastermind of the Chinese diet study. He believes the massive project supports the hypothesis that humans are basically a vegetarian species who should be minimizing intake of animal foods.

Among the first tantalizing findings are these:

Obesity is related more to what people eat than how much. Adjusted for height, the Chinese consume 20 percent more calories than Americans do, but Americans are 25 percent fatter. The main dietary differences are fat and starch. The Chinese eat only a third the amount of fat Americans do, but they eat twice the starch. The body readily stores fat but expends a larger proportion of the carbohydrates consumed as heat. Some of the differences may be attributable to exercise. The varying levels of physical activity among the Chinese were measured, but the data have not yet been analyzed.

Reducing dietary fat to less than 30 percent of calories, as is currently recommended for Americans, may not be enough to curb the risk of heart disease and cancer. To make a significant impact, the Chinese data imply, a maximum of 20 percent of calories from fat—and preferably only 15 to 20 percent—should be consumed.

Eating a lot of protein, especially animal protein, is also linked to chronic disease. Americans consume a third more protein than the Chinese do, and 70 percent of American protein comes from animals; only 7 percent of Chinese protein does. Those Chinese who eat the most protein, especially the most animal protein, also have the highest rates of such "diseases of affluence" as heart disease, cancer, and diabetes.

A rich diet that promotes rapid growth early in life may increase a woman's risk of developing cancer of the reproductive organs and the breast. Childhood diets high in calories, protein, calcium, and fat promote growth, as well as early menarche, which in turn is associated with high cancer rates. Chinese women, who rarely suffer these cancers, start menstruating three to six years later than Americans. Dairy calcium is not needed to prevent osteoporosis. Most Chinese consume no dairy products and instead get all their calcium from vegetables. The Chinese consume only half the calcium Americans do, but osteoporosis is uncommon in China, despite an average life expectancy of about 70 years, just 5 few years less than the American average.

These findings are only the beginning. Dr. T. Colin Campbell, a nutritional biochemist from Cornell University and the American mastermind of the Chinese diet study, predicts that this "living laboratory" will continue to generate vital findings for the next 40 to 50 years.

The study, started in 1983 to explore dietary causes of cancer, has been expanded to include heart, metabolic, and infectious diseases. Dr. Chen Junshi of the Chinese Institute of Nutrition and Food Hygiene organized the survey to cover areas from the semitropical south to the cold, arid north.

Exacting, Labor-Intensive Study

The extensive volume of raw data and its counterpart on computer tape will be available to any scientist to use as raw material for medical research.

It is an exacting, labor-intensive study, initially financed by the National Cancer Institute, that probably could not have been done anywhere except China. For nowhere else

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can accurate mortality statistics be combined with data from people who live the same way in the same place and eat the same foods for virtually their entire lives.

Nowhere else is there a genetically similar population with such great regional differences in disease rates, dietary habits, and environmental exposures. For example, cancer rates can vary by a factor of several hundred from one region of China to another. These large regional variations in China highlight biologically important relationships between diet and disease.

And nowhere else could researchers afford to hire hundreds of trained workers to collect blood and urine samples and spend three days in each household gathering exact information on what and how much people eat, then analyzing the food samples for nutrient content.

"The Whole Diet Panoply"

"The total cost in U.S. dollars of this project—$2.3 million plus 600 person-years of labor contributed by the Chinese government—is a mere fraction of what it would have cost to do the same study here," Dr. Campbell noted. And unlike typically circumscribed American studies that examine one characteristic as a factor in one disease, the Chinese investigation "covers the whole diet panoply as it relates to all disease."

Dr. Mark Hegsted, a professor emeritus of nutrition at Harvard University and former administrator of human nutrition for the United States Department of Agriculture, said: "This is a very, very important study—unique and well-done. Even if you could pay for it, you couldn't do this study in the United States because the population is too homogeneous. You get a lot more meaningful data when the differences in diet and disease are as great as they are in the various parts of China."

In the first part of the study, 100 people from each of 65 counties throughout China each contributed 367 items of information about their diets, lives, and bodies. The responses from residents of each county were then pooled to derive countywide characteristics that could be measured against the area's death rates for more than four dozen diseases.

By matching characteristics, researchers derived 135,000 correlations, about 8,000 of which are expected to have both statistical and biological significance that could shed light on the cause of some devastating disease.

In the poorer parts of China, infectious diseases remain the leading causes of death, but in the more affluent regions, heart disease, diabetes, and cancer are most prominent, Dr. Campbell said.

Adding Taiwan to the Research

Although from an overall perspective of nutrient composition the Chinese diet is more health-promoting than ours, Dr. Campbell said, there are some important limitations that result from a lack of economic development.

"Food quality and variety are not as good as ours," he explained. "With limited refrigeration, bacteria and mold contamination is more common, large amounts of salt and nitrites are used to preserve foods, and hot spices are used to mask off-flavors."

The study is currently being expanded and revised. New

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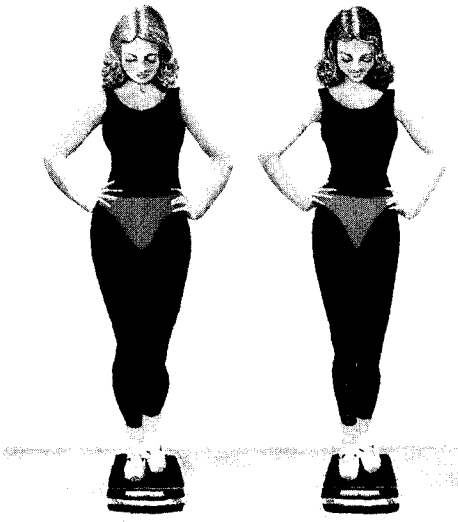

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mortality rates are being gathered to update the original mortality data from the early 1970s and to reflect causes of death for 100 million people in the late 1980s. The original 6,500 participants are being resurveyed, and people from 12 counties in Taiwan are being included in the expanded survey, which will also measure a variety of socioeconomic characteristics.

"We want to see how economics change and health factors follow," Dr. Campbell explained in an interview. "Taiwan should be interesting because it is intermediate between the United States and China in nutrient intake and plasma cholesterol levels. And since the Taiwanese gene pool is more like the Chinese, we can study the relative contributions of genetics and diet to risk of disease."

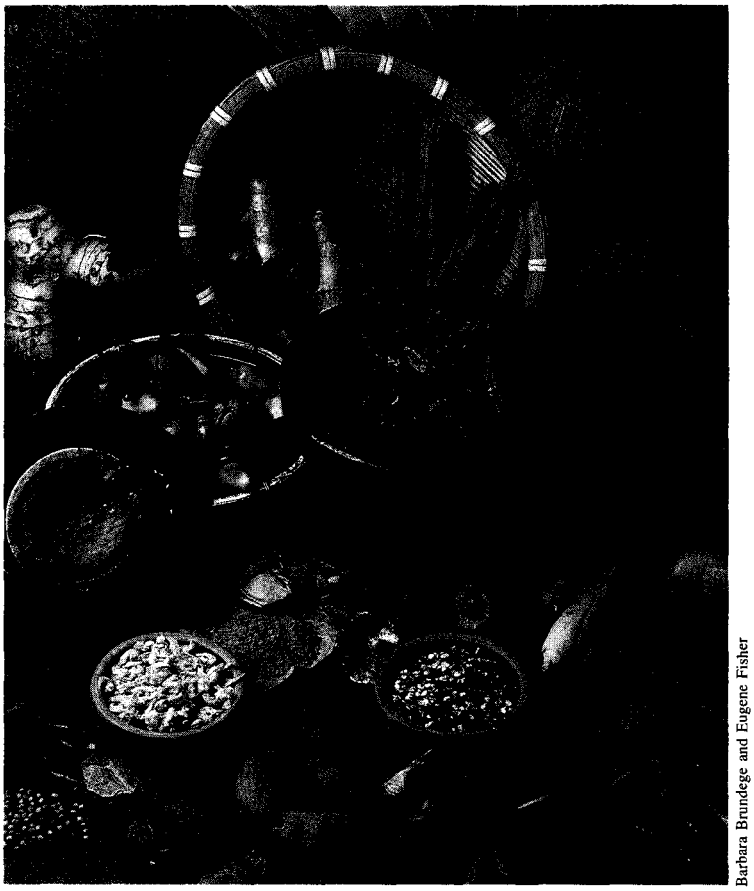
Cholesterol as Disease Predictor

Dr. Campbell continued: "So far we've seen that plasma cholesterol is a good predictor of the kinds of diseases people are going to get. Those with higher cholesterol levels are prone to the diseases of affluence—cancer, heart disease, and diabetes."

Contrary to earlier reports that linked low blood cholesterol levels to colon cancer, the Chinese study strongly suggests that low cholesterol not only protects against heart disease but also protects against cancer of the colon, the most common type of life-threatening cancer among Americans. In China, mortality rates from colon cancer are lowest where cholesterol levels are lowest.

Overall, cholesterol levels in China, which range from 88 to 165 milligrams per 100 milliliters of blood plasma, are much lower than those in the United States, which range from 155 to 274 milligrams per 100 milliliters of plasma.

"Their high cholesterol is our low," Dr. Campbell noted. He said the data strongly suggest that a major influence on cholesterol levels and disease rates is the high consumption of animal foods, including dairy products, by Americans.



Barbara Brundege and Eugene Fisher

The typical Chinese eats three times more fiber than the typical American; some consume as much as 77 grams of fiber a day.

"Basically a Vegetarian Species"

"We're basically a vegetarian species and should be eating a wide variety of plant foods and minimizing our intake of animal foods," Dr. Campbell said.

The Chinese have already begun to capitalize on these findings by using them to develop national food and agricultural policies that will promote health.

"Usually, the first thing a country does in the course of economic development is to introduce a lot of livestock," he said. "Our data are showing that this is not a very smart move, and the Chinese are listening. They're realizing that animal-based agriculture is not the way to go."

The plant-rich Chinese diet contains three times more dietary fiber than Americans typically consume. The average intake in China is 33 grams of fiber a day, and it ranges as high as 77 grams in some regions. Dr. Campbell found no evidence to suggest that diets very high in fiber are in any way deleterious to nutritional well-being.

Although American scientists worry that fiber may interfere with the absorption of essential minerals, no reason for concern was found among the Chinese. Rather, those with the highest fiber intake also had the most iron-rich blood.

The study also showed that consumption of meat is not needed to prevent iron-deficiency anemia. The typical Chinese adult, who shows no evidence of anemia, consumes twice the amount of iron Americans consume, but the vast majority of it comes from the iron in plants.

Nor are animal products needed to prevent osteoporosis, the study showed. "Ironically," Dr. Campbell noted, "osteoporosis tends to occur in countries where calcium intake is highest and [where] most of it comes from protein-rich dairy products. The Chinese data indicate that people need less calcium than we think and can get adequate amounts from vegetables."

Another common health concern that could prove to be a red herring is the fear that aflatoxin—produced by a mold that grows on peanuts, corn, and other grains—causes liver cancer. Rather, the Chinese study strongly indicates that chronic infection with the hepatitis B virus and high serum cholesterol levels are the primary culprits.

"We did not find any relationship between aflatoxin and liver cancer, and we have the largest study on this question ever done," Dr. Campbell said.

Among other intriguing findings are a relationship between infection with herpes simplex virus and coronary heart disease and a relationship between infection with the yeast candida and nasopharyngeal cancer.

"Lots and lots of such relationships are turning up as we plot out the 367 characteristics on maps of China and try to match them up with maps of disease rates," Dr. Campbell said. "The data now need to be interpreted, and six Chinese scientists are working with us on this. The amount of information gathered in this study is kind of staggering," he said, then proceeded to outline his interest in gathering more.

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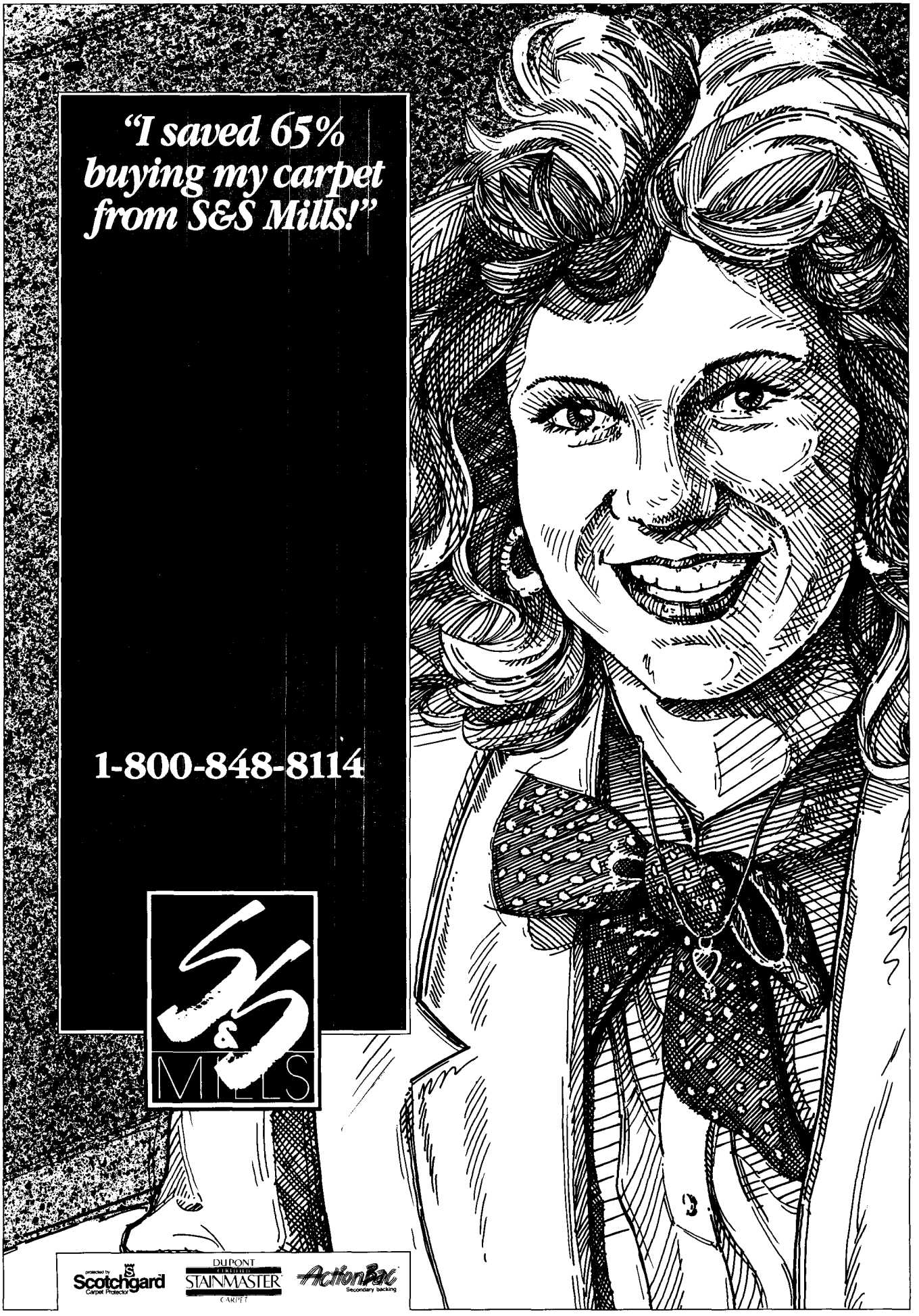

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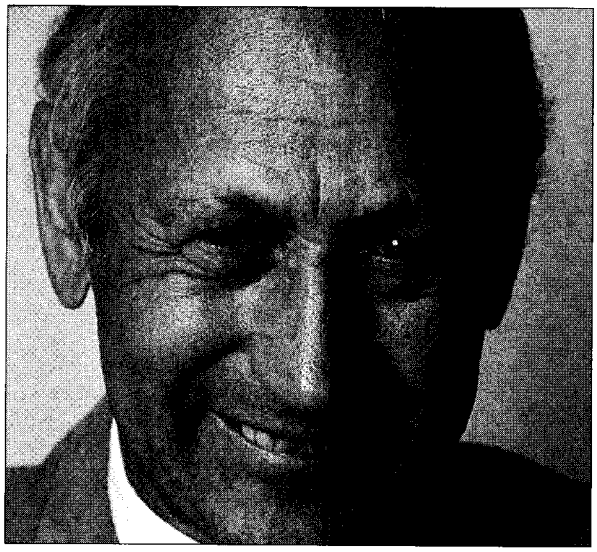
THE LAUGHTER PRESCRIPTION

Raising the human spirit may well be the greatest force of all in fighting off disease.

by Norman Cousins

Many articles have appeared in the national press reporting scientific verification of the usefulness of laughter in combating illness and promoting health. Jane Brody, the highly regarded writer on health matters, has used her column in the *New York Times* to report on the "growing number of physicians, nurses, psychologists, and patients who have used the uniquely human expression of mirth to reduce stress, ease pain, foster recovery, and generally brighten one's outlook on life, regardless of how grim the reality."



Norman Cousins, adjunct professor of medicine at the University of California-Los Angeles, learned firsthand the healing power of a good belly laugh.

Brody has called attention to the new practices of nursing homes and hospitals in using "laughter wagons: stocked with humorous materials and other gimmicks likely to amuse patients." She reported that a group at Oregon Health Sciences University calling themselves "Nurses for Laughter" wear buttons that read: "Warning: Humor may be hazardous to your illness."

Brody also quoted Dr. Marvin E. Herring of New Jersey's School of Osteopathic Medicine as saying, "The diaphragm, thorax, abdomen, heart, lungs, and even the liver are given a massage during a hearty laugh." The expression used in my book *Anatomy of an Illness* was "internal jogging."

Jane Brody made some practical suggestions:

Instead of sending flowers, consider sending the patient a funny novel, a book of jokes, a silly toy, a humorous audiotape and portable recorder, or if a video recorder is available, a funny movie. When my best friend contracted a life-threatening disease, I made her a loose-leaf "book of laughs" stuffed with *New Yorker* cartoons, classic witticisms, and personalized homemade jokes. Years after recovering, she continues to use the joke book whenever she thinks she is getting sick.

Brighten the sick room with mobiles, homemade silly sculptures, comical photos, and get-well cards. Place a poster of a scenic view on the window or wall, and change it often.

Keep on the lookout for humorous happenings and statements you can tell the patient about. Arrive at the bedside with a funny story instead of a complaint about the terrible traffic or parking problem.

Seek out caretakers with a sense of humor. . . .

Consider organizing a local scout troop, school, or senior citizens group to prepare riddles or jokes that can be placed on patients' breakfast trays. Or challenge patients to come up with their own humorous captions for certain drawings. . . .

Finally, when you hear a good joke, write it down or quickly relate it to someone to help you remember it.

In a similar vein, the *News Bulletin* of the American Association of Retired Persons reported that Kaye Ann Herth, a nurse in Tulsa, Oklahoma, takes a "funny-bone history" of patients in an effort to ascertain their taste in humor. She uses this information to write "prescriptions" for laughter tailored to patient taste.

The *News Bulletin* also reported that volunteers for the Andrus Gerontology Center at the University of Southern California produced a handbook on the use of humor in long-term care facilities. The handbook gave these examples of humorous one-liners:

"A man's home is now his hassle."

"It's better to have loved a short girl than never to have loved a tall."

"Dieting—the triumph of mind over platter."

These one-liners, the article said, may or may not be funny, but they did have a good effect on the patients, many of whom were "coaxed out of their shells" to take an active part in the programs.

• • •

Earlier I spoke of the role of humor in creating a relaxed and responsive environment in audiences. I had an opportunity to see this effect in heightened form at the Sepulveda (California) Veterans' Administration Hospital.

I had gone to the hospital following a meeting with physicians assigned to the cancer unit. They were concerned because the mood of the cancer patients was so bleak that they feared the collective environment of treatment was being impaired.

At the suggestion of the doctors, I met with the veterans in the cancer unit. There were 50 or 60 of them. They sat in rows and were every bit

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as glum as I had anticipated.

I reported on my conversation with their doctors and said I doubted that they were helping them or themselves with the grim mood of the place. Certainly one could understand the reason for their feelings—and it was arrogant for anyone to lecture to them about it. But in coming to Sepulveda they were reaching out for help—and they were entitled to know what would optimize that prospect.

Any battle with serious illness, I said, involved two elements. One was represented by the ability of the physicians to make available to patients the best that medical science has to offer. The other element was represented by the ability of patients to summon all their physical and spiritual resources to aid in fighting illness.

I said I hoped the veterans would agree that their part of the job was to create an environment in which the doctors could do their best. One thing they might do to replace the grim atmosphere was to put on performances. We could give them scripts of amusing one-act plays. Some of them might wish to produce or direct or act. If they wished, we could help them obtain videocassettes of amusing motion picture films. Ditto, audio cassettes of stand-up comics. One way or another, their part in the joint enterprise with their doctors was to create a mood conducive to the best medical treatment obtainable.

The veterans accepted the challenge. When I returned to the hospital several weeks later and spoke to the doctors, I was pleased to have them describe the change not just in the general environment but in the mood of the individual patients.

When I met with the veterans, they no longer sat in rows. They sat in a large circle. They were part of a unity; they could all see one another. When they began their meeting, each veteran was obligated to tell something good that had happened to him since the previous meeting.

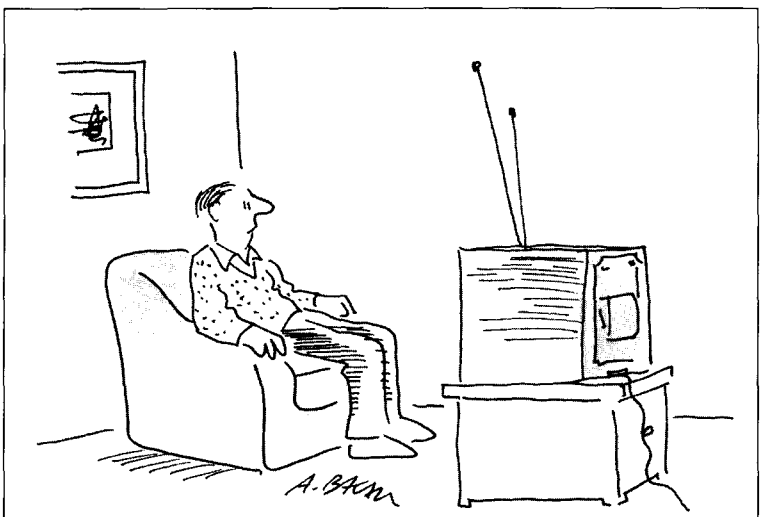
The first veteran spoke of his success in reaching by telephone a buddy he had not seen since the Korean War. He had tracked his buddy to Chicago and finally made the connection. They spoke for a half-hour or more. And the good news was that his buddy was coming to visit him in California.

Cheers.

The next veteran read from a letter he had received from a nephew who had just been admitted to medical school. He quoted the final sentence of the letter:

"And, Uncle Ben, I want you to know that I'm going into cancer research, and I'm going to come up with the answer, so you and your buddies just hang in there until I do."

More cheers.



"The long-range weather forecast calls for winter giving way to spring, followed by a spell of summer."

And so it went, each person at the meeting taking his turn. Then I discovered that everyone was looking at me and that I was expected to report on what it was that was good that had happened to me.

I searched my recent memory and realized that something quite good had in fact happened to me only a few days earlier.

"What I have to report is better than good," I said. "It's wonderful. Actually, it's better than wonderful. It's unbelievable. And as long as I live, I don't expect that anything as magnificent as this can possibly happen to me again."

The veterans all leaned forward in their seats.

"What happened is that when I arrived at the Los Angeles airport last Wednesday my bag was the first off the carousel."

A burst of applause and acclaim greeted this announcement.

"I had never even met anyone whose bag was the first off the carousel," I continued.

Again, loud expressions of delight.

"Flushed with success, I went to the nearest telephone to report my arrival to my office. That was when I lost my coin. I pondered this melancholy event for a moment or two, then decided to report it to the operator.

" 'Operator,' I said, 'I put in a quarter and didn't get my number. The machine collected my coin.'

" 'Sir,' she said, 'if you give me your name and address, we'll mail the coin to you.'

"I was appalled.

" 'Operator,' I said, 'I think I can understand the reason behind the difficulties of AT&T. You're going to take the time and trouble to write down my name on a card, and then you are probably going to give it to the person in charge of such matters. He will go to the cash register, punch it open, and take out a quarter, at the same time recording the reason for the cash withdrawal. Then he will take a cardboard with a recessed slot to hold the coin so it won't flop around in the envelope. Then he, or someone else, will fit the cardboard with the coin into an envelope, first taking the time to write out my address on the envelope. Then the envelope will be sealed. Someone will then affix a 20¢ stamp on the envelope. All that time and expense just to return a quarter. Now, operator, why don't you just return my coin and let's be friends.'

" 'Sir,' she repeated in a flat voice, 'if you give me your name and address, we will mail you the refund.'

"Then, almost by way of afterthought, she said, 'Sir, did you remember to press the coin-return plunger?'

"Truth to tell, I had overlooked this nicety. I pressed the plunger. To my great surprise, it worked. It was apparent that the machine had been badly constipated and I happened to have the plunger. All at once, the vitals of the machine opened up and proceeded to

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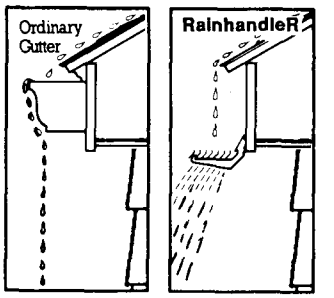

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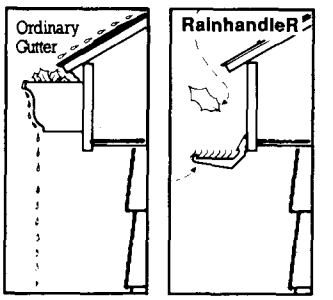

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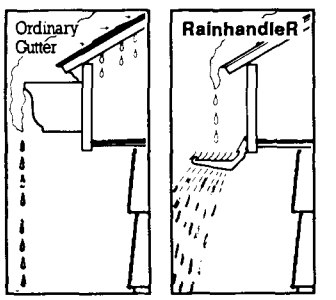

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spew out coins of almost every denomination. The profusion was so great that I had to use my empty hand to contain the overflow.

"While all this was happening, the noise was registering in the telephone and was not lost on the operator.

" 'Sir,' she said, 'just what is happening?'

"I reported that the machine had suddenly given up all its earnings for the past few months, at least. At a rough estimate, I said there had to be close to four dollars in quarters, dimes, and nickles that had just erupted from the box.

" 'Sir,' she said, 'will you please put the coins back in the box.'

" 'Operator,' I said, 'if you give me your name and address I will be glad to mail you the coins.' "

The veterans exploded with cheers. David triumphs over Goliath. At the bottom of the ninth inning, with the home team behind by three runs, the weakest hitter in the lineup hits the ball out of the park. A mammoth business corporation is brought to its knees. Every person who had been exasperated by the loss of a coin in a public telephone booth could identify with my experience and share both in the triumph of justice and the humiliation of the mammoth and impersonal oppressor.

The veterans not only were having a good time, but they were showing it in their relaxed expressions and in the way they moved.

One of the doctors stood up.

"Tell me," he said, "how many of you, when you came into this room a half-hour or so ago, were experiencing, more or less, your normal chronic pains?"

More than half the veterans in the room raised their hands. "Now," said the doctor, "how many of you, in the past five or ten minutes, discovered that these chronic pains receded or disappeared?"

Why should simple laughter have produced this effect? Some brain researchers with whom I have spoken

WHAT'S FUNNY?

The pick of the belly laughs as selected by the Comprehensive Cancer Center at Duke University.

Books

Title	*Author*
Without Feathers	Woody Allen
The Rescue of Miss Yaskell and Other Pipe Dreams	Russell Baker
Murphy's Law	Arthur Bloch
Crackers	Roy Blount, Jr.
The Grass Is Always Greener over the Septic Tank	Erma Bombeck
Chocolate: The Consuming Passion	Sandra Boynton
I Never Danced at the White House	Art Buchwald
Dr. Burns' Prescription for Happiness	George Burns
Oh Heavenly Dog!	Joe Camp
Decline and Fall of Practically Everybody	Will Cuppy
The Fourth Garfield Treasury	Jim Davis
The Complete Mother	Phyllis Diller
Dictionary for Yankees	Bill Dwyer
How to Eat Like a Child: And Other Lessons in Not Being a Grown-up	Delia Ephron
Is It Friday Yet, Luann?	Greg Evans
I Never Met a Kid I Liked	W. C. Fields
Heathcliff Smooth Sailing	George Gately
How to Make Yourself Miserable	Dan Greenburg
Shoot Low, Boys—They're Ridin' Shetland Ponies	Lewis Grizzard
The Blarney Stone American West	John Hewlett
Happy to Be Here	Garrison Keillor
Please Don't Eat the Daisies	Jean Kerr
The Far Side Gallery Two	Gary Larson
The Greatest Shoe on Earth	Jeff MacNelly
The Great Wall Street Joke Book	John Pizzuto
The Reagan Chronicles	Dwane Powell
Rally Round the Flag, Boys!	Max Schulman
Welcome to the Real World	Wes Smith
It's Hard to Be Hip Over Thirty and Other Tragedies of Married Life	Judith Viorst
You All Spoken Here	Roy Wilder, Jr.
Mouse Breath Conformity and Other Social Ills	Jonathan Winters

Audio Cassettes

Title	*Performer*
Bloopers	Anonymous
The Ambassador of Goodwill	Jerry Clower
Live in Picayune	Jerry Clower
Top Gum	Jerry Clower
The Best of Bill Cosby	Bill Cosby
Is a Very Funny Fellow, Right!	Bill Cosby
Wonderfulness	Bill Cosby
200 M.P.H.	Bill Cosby
I Don't Get No Respect	Rodney Dangerfield
The Best of W. C. Fields	W. C. Fields
All the President's Wits	Gerald Gardner
The Works	Groucho Marx
News from Lake Wobegon—Summer	Garrison Keillor
News from Lake Wobegon—Winter	Garrison Keillor
Ogden Nash Reads	Ogden Nash
What Becomes a Semi-legend Most?	Joan Rivers
Crackin' Up	Ray Stevens
Surely you Joust	Ray Stevens
He Thinks He's Ray Stevens	Ray Stevens

Videocassettes

Humor/Comedy	*Science Fiction*
Airplane!	*Star Wars*
All of Me	*Star Trek IV: The Voyage Home*
Back to the Future	
Blazing Saddles	
Making Mr. Right	*Adventure*
Privates on Parade	*Cool Hand Luke*
The Return of the Pink Panther	*"Crocodile" Dundee*
Silverado	*High Road To China*
Some Like It Hot	*Jewel of the Nile*
The Making of the Stooges	*Patton*
The Films of Laurel and Hardy	*Romancing the Stone*
Volunteers	*Raiders of the Lost Ark*
	Silverado
	Superman
	Top Gun

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have speculated that the laughter activated the release of endorphins, the body's own pain-reducing substance. The veterans were experiencing the same effects that had occurred to me in my own bout with inflammatory joints many years earlier. The body's own morphine was at work.

In view of what is now known about the role of endorphins not only as a painkiller but as a stimulant to the immune system, the biological value of laughter takes on scientific validity.

"If you wish to glimpse inside a human soul and get to know a man," Dostoevsky writes in his novel *The Adolescent*, "don't bother analyzing his ways of being silent, of talking, of weeping, or seeing how much he is moved by noble ideas; you'll get better results if you just watch him laugh. If he laughs well, he's a good man. . . .

"I consider it one of the most important conclusions derived from your life experience," Dostoevsky continues. "I especially recommend it to the attention of young would-be brides who are prepared to marry the man of their choice but are still watching him with misgivings and distrust and cannot take the decisive step. All I claim to know is that laughter is the most reliable gauge of human nature. Look at children, for instance. Children are the only human creatures to produce perfect laughter, and that's just what makes them so enchanting. I find a crying child repulsive whereas a laughing and gay child is a sunbeam from paradise to me, a revelation of future bliss when man will finally become as pure and simple-hearted as a babe."

• • •

One of the most frequent questions put to me by patients is "Where do you find things to laugh at?"

My favorite sources are books—the very substantial humor collections by Isaac Asimov and Leo Rosten and, especially, E. B. White's *Subtreasury of American Humor*. (In the sidebar at left is an excellent list of books, audio cassettes, and videocassettes compiled by the Comprehensive Cancer Center of Duke University.)

While I was a hospital patient, I had a good time viewing old motion pictures and TV programs. I found some of the old Marx Brothers comedies and "Candid Camera" reruns highly useful for this purpose. But I also had access to other materials, including classified notices from the "Personals" columns of the *Saturday Review*.

It is a serious error to suppose that laughter is the only emotional antidote to stress or illness. Some people tend to be humor resistant and derive benefits in other ways. An appreciation of life can be a prime tonic for mind and body. Being able to respond to the majesty of the way nature fashions its art—the mysterious designs in the barks of trees, suggesting cave paintings or verdant meadows interrupted by silvery streams; the rich and luminous coloring of carp fish with blues and yellows and crimsons seemingly lit up from within; the bird of paradise flower, an explosion of colors ascending to a triumph and a jaunty crest of orange and purple; the skin of an apple, so thin it defies measurement but supremely protective of its precious substance; the way the climbing trunk of a tree will steer its growth around solid objects coming between itself and the sun; the curling white foam of an ocean wave advancing on the shore, and the way the sand repairs and smooths itself by the receding water; the purring of a kitten perched on your shoulder, or the head of a dog snuggling under your hand; the measured power of Beethoven's *Emperor* Concerto, the joyous quality of a Chopin nocturne, the serene and stately progression of a Bach fugue, the lyrical designs in a Mozart composition for clarinet and strings; the sound of delight in a young boy's voice on catching his first baseball; and most of all, the expression in the face of someone who loves you—all these are but a small part of a list of wondrous satisfactions that come with the gift of awareness and that nourish even as they heal.

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"My" Cat

I own that cat, I told my wife,
She said: "You think you do;
The cat and I both know
That really she owns you."

—Hugh McCaffrey

Civil Answer

An explorer came across a chief in a remote part of the jungle. "You people have lost your civilization," he remarked.

The chief replied, "We don't mind being lost. It's being discovered that worries us."

—Rose Sands

Consider the Source

A man was a bit nervous the day before he was scheduled to have knee surgery, so he asked his boss, a veterinarian, if he had any advice for him.

"Turn your worries into prayers," he said, "get plenty of rest, and don't lick your incision."

—Bobbie Mae Cooley

"Sins of the Mother"

Our mother was gravely ill. My sisters and I took turns sitting at her bedside as she drifted in and out of a coma. One morning, while I sat half asleep beside her, she called to me. "Dear," she said, "do you think God forgives us our sins?" Tears came to my eyes as I bent to reassure her.

"Of course He does," I said. "Besides, what have you ever done that you need forgiveness?"

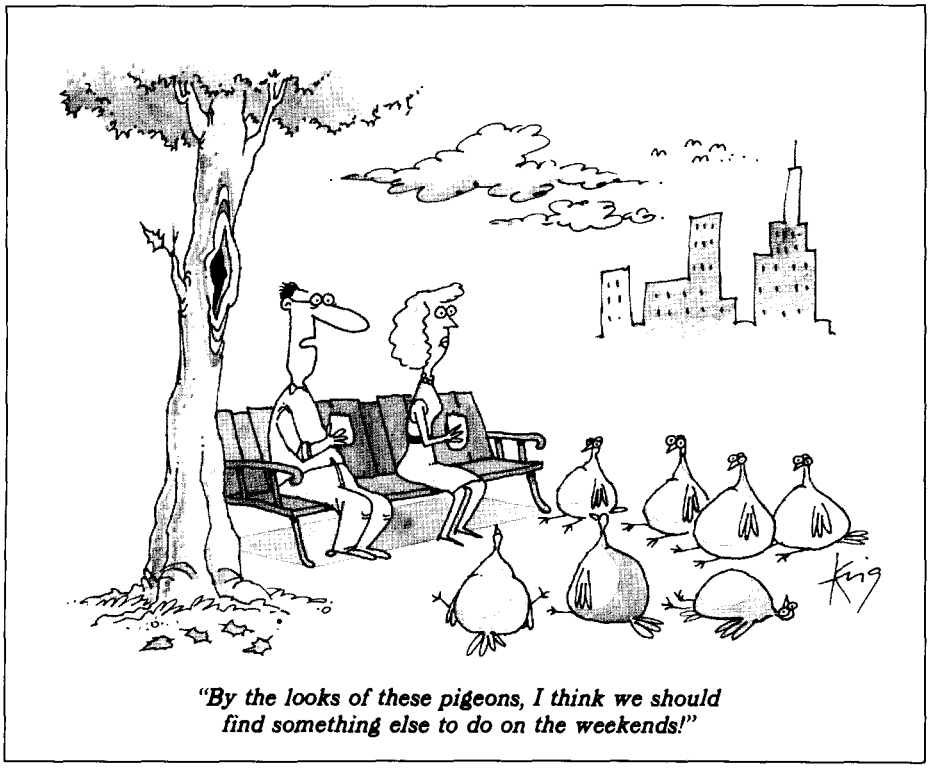
Mother closed her eyes. "That," she said, "is none of your business."

—Pearl Scully

Male Order

When the telephone company started using male operators, most people quickly adjusted. Not so my son, Peter. The first time he heard a man, he asked, "Are you really the operator?" The man assured him he was. So Peter asked politely, "May I speak to your wife?"

—Martha J. Beckman



"By the looks of these pigeons, I think we should find something else to do on the weekends!"

Toss Up

Freshman: "What'll we do tonight?"

Sophomore: "We'll toss a coin. If it's heads, we'll get dates; if it's tails, we'll go to the movies alone; if it stands on edge, we'll study."

—J. E. Terzich

Still There

Thought hairs in the sink
would disappear
When daughter left for college.
But they're still there,
to my surprise,
All mine, I must acknowledge.

—Beth Abney

Due unto Others

Credit cards are O.K. as long as you don't overdue them.

—Frank Walsh

Overload

A new young preacher slaved over his first sermon and marched off to church with high hopes. However, only one lone man turned up to hear him. "What am I supposed to do now?" inquired the preacher.

"I'm just a simple farmer," responded the lone parishioner, "and don't know too much—but if I took a load of hay out to the pasture and only one cow showed up, I sure would feed her."

So the preacher went through with his prepared sermon just as though the church was packed. At its conclusion, he asked his single listener, "How did I do?"

"Well," was the answer, "like I said, I'm only a cowhand, but if I took a load of hay to the pasture for a herd of cows and only one cow showed up—I sure wouldn't give her the whole load."

—Laurie Baker

Come On Up

Sign on a Seattle print shop: *Marriages are made in Heaven, but we print invitations.*

—Sam Ewing

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Why does he always have to tag along? How can I have any fun with the gang? I'll have to take care of my

KID BROTHER

by Norman Katkov

Illustrated by John Clymer

When I came into the kitchen for breakfast, I could see Bobby through the open window, standing on the old porch with his back turned. I could see him standing quiet and absolutely still and waiting. I knew he was waiting and I looked away, to the sketch of the kitchen I'd drawn one day with Ma at the stove. She'd framed it and hung it above the radiator. It was her favorite of everything I'd ever drawn.

I could see the sun on the linoleum. The windows were open and the door was open and it was a good Saturday; it was between football weather and baseball weather, like it should be in September, and nobody was going to spoil it for me today. Bobby could stand on the porch until tomorrow for all I cared.

The bowl of breakfast food was there on the table. I poured milk over it and started eating fast.

"Ken," she said, and I could tell in her voice.

"No." I looked up. "I'm not taking him, Ma." I knew he could hear me and I wanted him to.

"He's your brother, Ken."

I pushed the bowl away. I didn't want cereal and I didn't want eggs. I didn't want any darn breakfast today. I saw him standing there on purpose. I knew him all right, the baby. He'd stand there, and pretty soon he'd turn, looking like he was going to cry, but this time he wasn't going, that's all.

This time it was just the club, just the Knights, and no nine-year-old baby was tagging along. We'd waited a month for today. Boys' House was the biggest in town, even bigger than the Y. Phil Leeds had read where every Saturday groups of kids came from different neighborhoods and were there all day. We could swim if we wanted, or play table tennis or pool, or be in the gym, or anything. We each had to bring a dime for lunch. Phil Leeds wrote the letter for the Knights. We waited, and finally Phil got the answer to come this Saturday, today. They sent a program, too, and it said Sid Glotter, the cartoonist on the News, who had the Chuckle-Chuck column, would be there to draw for us. He was extra, and from the day Phil got the letter I didn't go to sleep without thinking of it. I guess at least 20 times a day I counted the days.

"I know he's my brother," I said, and I was so mad I could have punched him then. "You know something, too," I told her. "You know when we started the Knights, we made up that everybody had to be 13 years old. You know that, Ma."

"Eat your cereal, Ken."

"I don't want any. Maybe I'm late now. Maybe all the Knights are over at the playground waiting. Phil Leeds got a brother too. Don't forget that, but does his brother always have to tag along?"

"Ken, you know how Bobby is," she said. She sat down next to me. "He's so shy," she said softly, "and he loves you so. Please take him, Ken."

I didn't answer. Take him on hikes, take him to the ball games, take him, take him, take him.

"Please," Ma said. She reached out and pushed my hair back from my eye, and I made up my mind.

"I won't," I said. "Not this time." I got up.

"All right, Ken," she said.

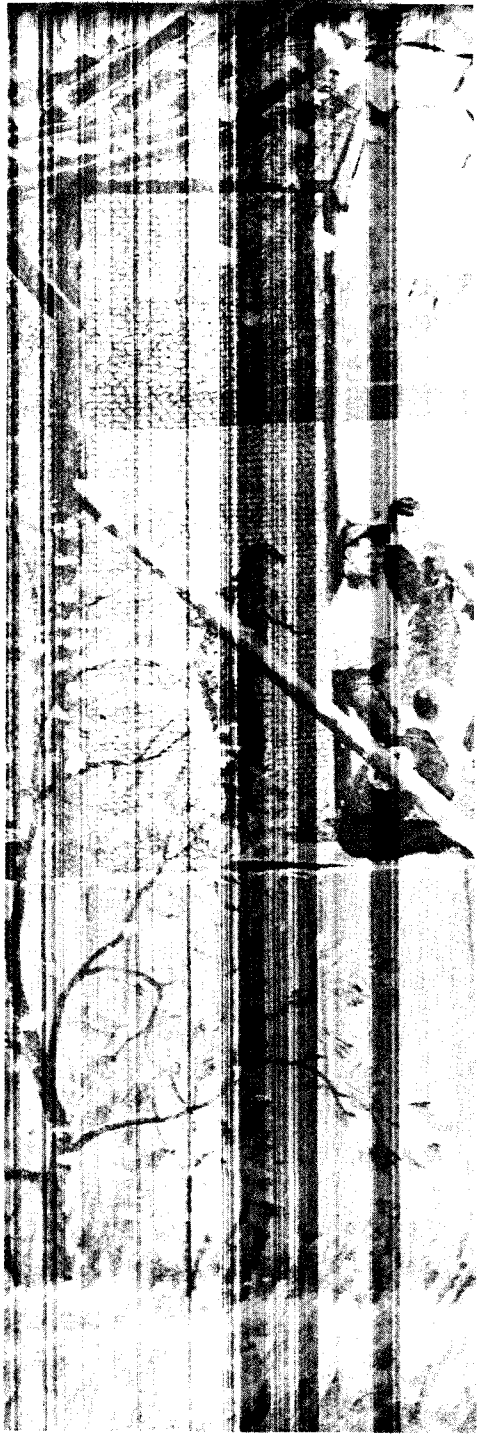
I just wanted to get out now. I wanted to be away from here so that I wouldn't have to see Ma.

She had one arm on the table and she reached over to the center. I saw the two dimes there. She picked up one dime and set it down by the cereal bowl. "Here is your lunch money, Ken."

I wasn't going to back down now. I picked up the dime. "Thanks, Ma," I said.

She said, "You'd better have a jacket, Ken."

I started across the kitchen to the back door. "I don't need a jacket. It's warm out," I said.



"It may turn cold later on today," she said.

I stopped at the sink. "I don't want a jacket!" I said, louder than I'd expected to. "I'm not a baby!"

She got up from the chair. "Kenneth," she said, and it was all she said as she walked out of the kitchen toward the bedroom. Behind me I heard Bobby move. All he had to do was say something. Just let him say anything to me now and he'd wish he wasn't my brother. I was waiting, holding the drainboard with my right hand, when I saw her coming out of the bedroom.

She walked toward me and she had pa's suede jacket that she'd fixed over

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I saw them standing around home plate. I slowed down. Bobby caught up with me.

to fit me after he died. She had it in her hands, holding it close against her. Her face was soft and her eyes were soft and she was smiling. I'd worn it once, to the last assembly in June, when the whole school was there and I got a letter for baseball and Ma was out in front watching me on the stage.

She held the jacket and laid it in my arms like it was gold.

"A mantle for my Knight," she said. "My gallant protector," she said. Right there, in the old kitchen, with the dishes piled in the sink, she made a curtsy and held her right hand for me to take and lift her up.

I took her hand and felt it soft in mine. I lifted her hand. She rose then, smiling at me, and she was my beautiful mother. I saw her smiling and I had to do it. I didn't want to and I couldn't stop myself. Holding the jacket, I ran to the table and got the other dime. When I turned to her again, I saw the wet in her eyes.

"Hey, Bobby," I said. He came running into the kitchen. "Get a jacket," I said. "Hurry up. We're late."

Bobby looked at me and he looked at Ma, as though he didn't believe it; as though this was a joke I was playing on him. But Ma nodded, and he dashed past us, into our bedroom. When he came back, he was wearing my blue Knights jacket. All the club had chipped in to buy a big square of canvas, and I'd cut it up into small circles and on each I'd painted a knight's head with an iron hood that I'd seen in a King Arthur book. I'd painted one patch for each guy in the club, and each guy's Ma had sewn it on the jacket.

"Take it off," I said.

He stood there quiet. I could see his hands, his thin hands with tiny blue veins showing. I could see his black hair, curly and mussed up, and his black eyes wide as he just watched me, saying nothing at all, until Ma said, "Let him, Ken. He's so proud of you."

I was in it now, I guess. I couldn't say anything now. I'd taken the other dime off the table and I couldn't be

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mad at her. "Come on," I said to Bobby, and waited while he kissed Ma. Then I kissed her and she said we could go out the front door today.

I crossed Cherokee Street, half running now, with Bobby two steps behind me, trying to keep up. Just so I wasn't late, that's all. Just so they hadn't started without me. Halfway down the block to Sioux Avenue, I saw them standing around home plate on the playground and leaning against the backstop. I slowed down.

Bobby caught up to me then, trotting along beside me to keep even, and I felt his hand in mine. I pulled my hand away, and after a minute I felt it again. I stopped and took his wrist and moved his arm off me.

"Can't you walk without holding someone? Do you have to hold me like you were crippled or something?"

He didn't answer.

"Don't be holding my hand," I said. "You understand?"

"Yes," he said, and he pushed his hands deep in his pockets, and then I heard Phil Leeds.

"Get a move on!" he yelled. "We ain't got all day!" Phil Leeds yelled, and I saw him atop the fence. I saw Zami Garlick coming toward the playground from Clinton Avenue off to my right, and I started running.

All the Knights were there. I got to the fence and turned for Bobby. I got a quick look at Phil, standing with his fists pushed against his hips, watching me.

I boosted Bobby over the fence. I got over and saw Zami Garlick coming through the gate beyond left field. I waved at the other Knights and yelled at Zami, and then, there at the backstop, Phil Leeds stopped me.

"What's the idea?" he asked, jerking his thumb at Bobby.

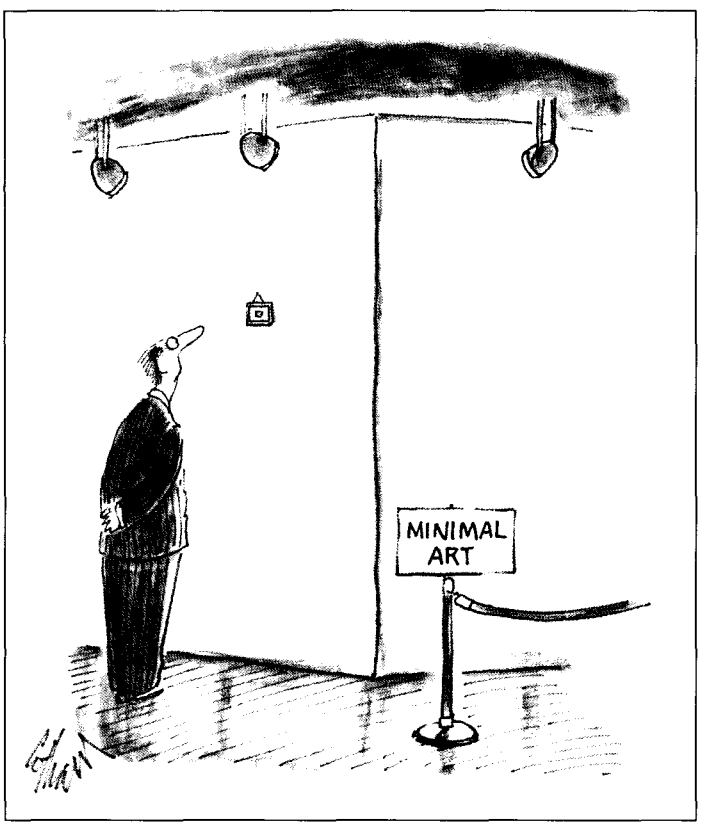
"It's all right, Phil; I've got his dime." I held out the money.

Phil waved at it. "What's money got to do with it?" He was wearing his Knights jacket, and I looked at the head I'd painted for him. I looked carefully at it—at the nose, the right eye, the left eye, the hood—and Phil said, "He ain't going."

I saw Bobby watching us, standing alone along the third-base line. I saw him turn, starting to walk toward the gate, and I got Phil's arm. "I promised my Ma, Phil. Please, Phil, I didn't want him to come." Bobby was way beyond third base. "He'll go home to my Ma and he'll cry, and then I'll get it. Let him, Phil, and you know what? I've got some canvas left from what we bought, and I'll paint a knight on a horse and your Ma can sew it on your back for president."

He didn't say anything for a minute, and then he held out his hand.

"Give me the dimes," he said. "And



keep him out of our way. We don't want any punks ruining today for us."

"Bobby!" I yelled for him, and waved my arms over my head. "Come on!" and saw him running toward us.

He ran funny, almost like a girl, with his arms out wide. Phil Leeds got everybody together, collecting the dimes and knotting the money tight in his handkerchief while I walked out to meet Bobby.

"Now, listen," I said. "You're going. I told Phil Leeds you were coming with us and that's all there is to it. But stay out of our way. Don't be ruining it for us, you hear?"

"Yes," he said, in that soft low voice. He always talked like he was ashamed of something.

Mush Hanley started singing and we all followed in. Down by the railroad we passed the sausage factory, and Zami Garlick went around to the open doors and came back with six wieners he'd begged. He ran ahead, holding them up in one hand, until Phil Leeds caught him. Phil took them, got his knife, and cut them up, one piece for everybody.

Everybody was crowded around Phil, and he passed out the pieces. I got mine and waited until there was one piece left. The rest of the guys were up ahead, starting across the bridge leading to downtown. Bobby was behind me, waiting, and Phil Leeds looked at the piece of wiener in his hand.

"I forgot," he said.

He waited, holding the piece of wiener in his hand, grinning at me, and then he popped it in his mouth and ran up Sioux Avenue to the bridge.

I didn't even look around for Bobby. I began walking, and I knew what I wanted to do to Phil Leeds, all right. I didn't have to guess. Up against the wall and my arm under his chin. My elbow in his neck, and see how he'd like that. Make a fist slow and get my arm back slow, grinning at him. Just let him see the fist and wait for it, and then take my arm from his neck and spit right on his shoes and leave him.

And felt Bobby's hand touching mine.

"Get your hand away!" I said, real loud. "Baby! You're nothing but a baby. Why don't you cry?" But he didn't. "Why don't you run home to Mamma and cry to her and tell her how mean I am?" But he stood watching me. "Here," and I held out the piece of wiener. "Take it," I said. "Take it, baby." But he just put his hands behind his back and stood there, and I threw it at him.

Now, all at once, I didn't care what he did; whether he went home or stayed right here the rest of the day or whatever. He wasn't ruining it for me, that's all, and I started up the bridge.

But I remembered Ma, saw her in the kitchen holding pa's jacket for me, and I was responsible. Once, after pa died, she told me to sit in his chair for supper. She told me that was my new

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chair and that I was the man for her and Bobby. She told me I had to take care of them, and how could I sit there tonight if I left him here?

I waved my hand for him to hurry. When he reached me, I put him on the old Boy Scout pace—50 steps running and 50 walking.

We caught up with the Knights at the stop light on Third Street. Phil Leeds made us wait until the light changed to red.

He made us wait on the other side, getting everybody in marching order, two in a row. He picked Zami Garlick to lead with him. I knew that was on purpose, against me.

He put me with Bobby at the very end, and that was on purpose and I made up to myself he'd never get no knight on horseback from me. He could have his club. They could all go jump.

Then we were only two blocks from Boys' House. Phil and Zami started to trot. The cop on Sibley Street stopped traffic for us. We crossed over and went up the marble steps and we were in the lobby.

It was just beautiful. It was just the most wonderful place I ever saw. They had pictures on the wall right in the lobby—signed pictures—Babe Ruth and Gene Tunney and Joe DiMaggio and everybody. You could name anybody and his picture was on the wall.

I saw the auditorium on the right, and straight ahead, far down the hall from the lobby, I could see the gym, and I guess being here was the best thing a guy could hope for. I saw Phil Leeds giving the letter he'd gotten to a man who wore a white sweater.

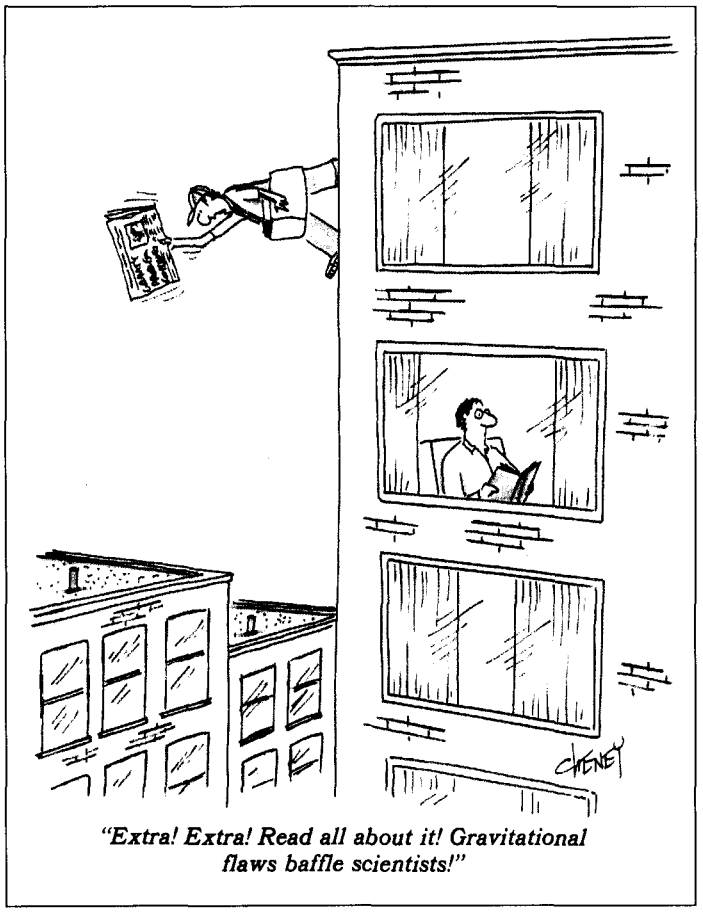
The man shook hands with Phil and he walked around to shake hands with all of us. His name was Mr. Nye. He said he would be with us all afternoon, and how about lunch?

Off to our right was a checkroom, and we all gave the man behind the counter our jackets. Then Mr. Nye took us downstairs, past a big room with tennis tables and pool tables, and into a cafeteria.

I guess it was the best lunch or even supper I ever had. There were beans and hot dogs and rolls and potato salad and root beer and pop and cake.

Mr. Nye got a tray for himself and one for Bobby, and they were the first to start down the counter. Bobby couldn't reach above it to get his food, and Mr. Nye just filled his tray until he could hardly carry it.

They were first at the table. I was in line with my tray and I got next to Phil Leeds. I grinned at him and said, "I guess this is the best day the Knights will ever have, huh, Phil?" but he just looked at me and started up the counter. I knew him, all right. He had to be the head of everything, and he'd figured on sitting with Mr. Nye. I got up next to Zami Garlick and we went down the counter together, but when we got to the table, Phil Leeds yelled to Zami and pointed to an empty chair he'd been saving.



"Extra! Extra! Read all about it! Gravitational flaws baffle scientists!"

All around the cafeteria were other groups of guys, and sitting with each of them a man about as old as Mr. Nye. I guess there must have been more than a hundred kids there.

After lunch everybody wanted to go swimming, but Mr. Nye said we had to wait awhile. We played table tennis and some of the guys played pool.

It seemed like ten years before Mr. Nye took us down to the pool. We each had a locker and Bobby undressed with me. Nobody wore swimming trunks. Mr. Nye met us in the shower room beside the pool and said everybody had to soap himself down.

I'll bet that pool was as long as our playgrounds. It was all green marble and the water looked almost green and almost blue. Mr. Nye came over and said I'd have to watch out for Bobby. I took him down to the shallow end, but he didn't want to go in.

"Don't you want to swim?" I asked.

He shook his head.

"You're afraid," I said.

He didn't answer.

"What'd you get undressed for and come out here for?"

He just looked at me.

"Be afraid then," I said, "but don't bother me. I'm going swimming." I went up to the deep end and dove in. I swam around for a while and then reached out for the gutter than ran under the edge of the pool and held on. Bobby was standing there.

"Come on in," I said. Phil Leeds climbed out of the pool about ten feet from Bobby.

"I'll watch you," I said. "What are you afraid of?"

"Don't want to swim," Bobby said. I saw Phil coming up, against the wall, so Bobby couldn't see him.

Phil winked at me. "I'll pull you in," I told Bobby, but he backed away from the edge, his face full of fear. I saw Phil, his finger to his lips, winking at me again. I guess I wanted him friends with me more than anything. I said to Bobby, "Come here." He didn't move. "Come here, baby," I said, "I'm not going to hurt you." And he took one step and then another, setting his feet down slowly and carefully like he was walking across Colorado Street just after the tar truck had gone through.

"Here," I said, smiling, as Phil Leeds jumped out from behind him and grabbed Bobby and shoved hard.

I heard Phil laughing and I heard Bobby scream once, real high and real loud, the most terrible sound I'd ever

continued on page 70

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MARILYN QUAYLE: FAMILY, FITNESS, AND A BREAST CANCER CRUSADE

Happily settled in the 33-room vice-presidential mansion with a healthy husband and three robust children, the Second Lady takes up the cause of alerting American women to the importance of breast examination and mammograms.

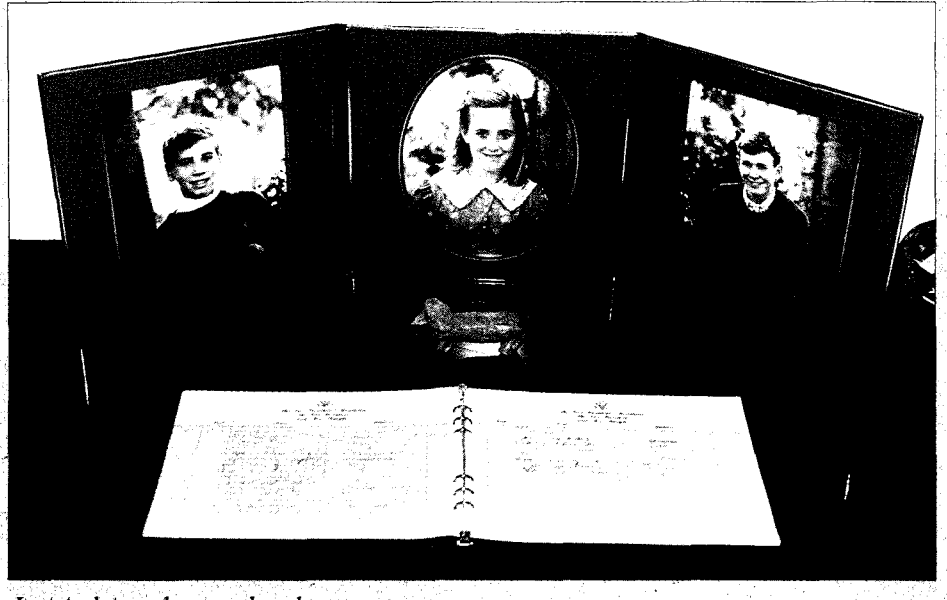
by Cory SerVaas, M.D.

Whoever says Marilyn Quayle is a frustrated lawyer on hold doesn't know Marilyn Quayle.

True, she has spent the past 15 years of her life raising a family and expertly fulfilling the role of wife of a Congressman-turned-Senator-turned-Vice President. But on hold? Not for a minute.

Today, as we learn on our visit to her home—the 33-room Victorian mansion the family occupies on the grounds of Washington's Naval Observatory—Marilyn Quayle is much more than a mother and a self-confessed vice-presidential advisor. Marilyn Quayle personifies the bright young career woman's dream of "having it all" and "having it all together." That "all" includes a happy and fit family and a challenge that's probably bigger than her fondest dreams. Marilyn likes a good fight, and the fight that currently occupies her energy is the battle against breast cancer.

Her crusade is much more than the predictable effort by a prominent



Just to let us know who else lives here, Benjamin, Corinne, and Tucker photographs frame the guest register.

The Quayle family lead 8,529 runners and walkers in their Race for the Cure in Washington, D.C., in June. Dan and Marilyn (#1 and #2) are flanked by their children (#3 through #5). "The Cure" is for breast cancer.

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woman to do "good works." This battle is personal. Her mother, Mary Alice Tucker, a brilliant woman trained as a pediatrician, died of breast cancer at age 56.

When Dr. Mary Alice Tucker felt a lump in her breast, she went to where one would expect her to go—to her teacher, an esteemed professor and department chairman at the medical school she had attended. Now retired, he recalls that he didn't think Mary Alice Tucker's lump was anything serious and suggested that she come back in a month. (This seeming lack of alarm surely was what the busy mother wanted to hear.) He said she didn't come back in a month, and when she returned, it was because her sternum had fractured from the metastasized breast cancer.

In Marilyn's emotional plea for women to have mammograms and regular checkups, she explains that her mother had always been too busy to monitor her own health.

"My mother lost her battle," Marilyn tearfully told a Dallas audience last year. "I'm resolved to win the war in her name."

Not being one to neglect an opportunity to advance a vital cause, she has enlisted her husband in the battle.

"Dan says we have to stop losing our women to breast cancer," she emphasizes. Marilyn will fight for more research, more mammogram testing, and more attention all around to arrest this devastating and growing cancer.

So how does this young Hoosier play a leading role in the anti-cancer crusade, keep pace with a busy husband, nurture three vigorous children, and fulfill the social obligations of being the Vice President's wife? Managing the spacious house is a cinch; Marilyn makes decisions easily and quickly. She's completely at ease in the comfortable setting and has added many homey touches to the official residence. Some paintings in the residence, for instance, were donated by her uncle to the Indiana Museum of Art and leased by the museum to the Quayles for use during their vice-presidential tour of duty.

As Marilyn efficiently arranges for our photographer to shoot the cover photo in her dining room, she comes off as a most unflappable mother-career woman who doesn't take herself too seriously but is *very* serious about her causes. She gets the job done while others might still be talking about it.

The way she lights up when we look at pictures of her children—Tucker, 16; Benjamin, 14; and Corinne, 11—tells us that these children aren't suffering for want of mothering. A popular keynoter, in demand by audiences from coast to coast, Marilyn usually specifies one-day speaking engagements. She likes to be home with her family at night. Even after 18 years of marriage, romance is alive and well at the vice-presidential residence. Long-stemmed red roses arrive

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Breezy, a spunky labrador given to the Quayles by one of the Oak Ridge Boys, interrupts the Second Lady long enough to direct a cold nose under the famous "flip." Breezy and Marilyn exercise in tandem: they run one eight-minute mile and then speed walk a second mile.

Breast examination is so important it is time husbands got involved, Dan Quayle believes. "We are tired of losing our women," he says.

every Valentine's Day, and whenever business keeps one or both of the Quayles on the road overnight, they always talk via phone at bedtime.

Although it's rumored Marilyn won't allow the children to watch television through the week, she compensates by helping them learn that exercise is fun. She also teaches them that junk food won't help them grow into seven-handicap golfers like their father. Fitness has been a way of life for the Quayles since their childhood days in central Indiana.

Marilyn Quayle was brought up in a strict household in Indianapolis. A friend of the family, Eileen Miles, recalls Marilyn's mother as having a sixth sense when it came to supervising her children. She seemed to know when one of the Tucker clan had broken a house rule even before asking. Her style of discipline was firm but controlled.

"She had a wonderfully modulated voice," Eileen Miles said. "There never was any shouting. The kids knew what they could and couldn't do. She was so down to earth; there was absolutely no pretense about her. She worked hard on community school projects and was an officer in the Meridian Hills Garden Club.

"She held her large family to the strictest standards of moral conduct. On an occasion when Marilyn's brother made a small misstep bordering on misbehavior to others, Mrs. Tucker took it very hard . . . made a big effort to reprimand the offense. She expected her children to toe the line."

In preparation for our interview with the second lady of the land, we had talked with Bill Tucker, Marilyn's brother, now living in Cicero, Indiana. We asked him how he remembers Marilyn's childhood days. "Oh, she was a tomboy. She was into everything," he said. "I remember that she would start a fight . . . she'd mix it up, and she'd finish it, but when our mother would come in to settle it, she would be crying and the rest of us would catch the punishment."

When we told Marilyn about this bit of intelligence, she laughed and said, "It's true. I was the fourth child and

In a small keeping room off the living room, Marilyn lightened up when we asked her about the children. Despite being a "career woman," Marilyn has found that the stirrings of motherhood have left her enjoying her family role.

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Several of the paintings in the residence were donated to an Indiana museum by Marilyn's uncle and now are leased for the Veep's residence.

smaller than the others. I was just this skinny little thing who could produce tears on demand. I was the one who started everything, but by the time mother came in I would be crying. Everyone would get into trouble except me."

Although she is extremely modest about her academic side, Marilyn nevertheless captured so many honors in grade school that she soon earned the nickname of "Merit."

The source of many of Marilyn's admirable qualities came to light as we talked to her brother.

"Our mother was a ball of fire," Bill said. "She was just nonstop doing something. Not only did she raise kids, she was a pediatrician. She was also on the school board."

Much of Marilyn's moxie can be credited to her family, to which challenge was no stranger. This love for bypassing the traditional is easily traced to her mother's father, a medical doctor who later changed his profession to veterinarian, with an office on the circle in Indianapolis.

"Why the change?" we ask Marilyn.

"He decided he liked treating animals better than people," Marilyn says with a laugh. "People could tell him their symptoms; with animals he had to figure it out. It was a bigger challenge. He wrote textbooks on the subject that were widely used."

Marilyn's father also switched gears in the medical profession. He worked in tuberculosis as a pulmonologist when TB sanitariums were filled with hospitalized patients. Much of the TB battle was won when TB drugs made long hospitalizations a thing of the past. Then Dr. Tucker went to work for the government doing Medicare and Medicaid research in Indianapolis.

Getting a degree from Purdue University in political science was a breeze for Marilyn. She even had time to form the Pep Girls, a pompon cheerleader squad that she directed with no nonsense.

Working full-time as a lifeguard at the Meridian Hills Country Club and the Riviera Club in Indianapolis took care of her summer days. But the nights were reserved for law school at Indiana University, where she was one of 30 women in a class of 300. "I was going to do great things," she recalls, grinning. "I was never going to get married, yeah."

Then she met a handsome classmate named Dan Quayle. They were married ten weeks later.

After a brief law practice in the Huntington, Indiana, office of Quayle and Quayle (where she did most of the practicing), she put her law degree on hold for 12 years to help her husband, raise three children, and become a homebody.

If the expression "it's never too late" had not already been coined, it certainly would have been created to fit Marilyn, who, as everyone knows, is today doing great things. She is said to have been the first "superwoman" of her set in the Quayles' hometown, expertly balancing career and family, and occasionally "even baking bread."

Although Marilyn was at first angered by the stories that made the Quayles headline material, today she can laugh at their absurdity. "The one that provokes the most fun," she says, "is about all the wealth we supposedly inherited from Dan's family business, newspapering. The truth is, Grandpa didn't *believe* in inherited wealth, and there isn't any. There's none and that's funny, because reporters can look at our tax returns and our disclosure statements and it's not there. Just the other day we read that we are worth $600 million. If it comes out one more time from the same newspaper," she says with a laugh, "I'm going to demand that the owner of the paper give me the money so we will indeed have a newspaper fortune."

The one thing the campaign proved to Marilyn is that the vast majority of Americans do not believe everything they read in the media. Nationally recognized reporters were embarrassed when they traveled to Middle America and found the general public ready to throw darts at them. It was humbling and heartwarming to see that no matter how hard the press may attack, the

At a party in the residence the night before, an Iowa artist's work had been brought in as a gift. Never having met the Vice President, the artist captured his likeness by freezing videotapes of the Vice President and painting from the tapes.

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American public can see that it is unfair and rise above it.

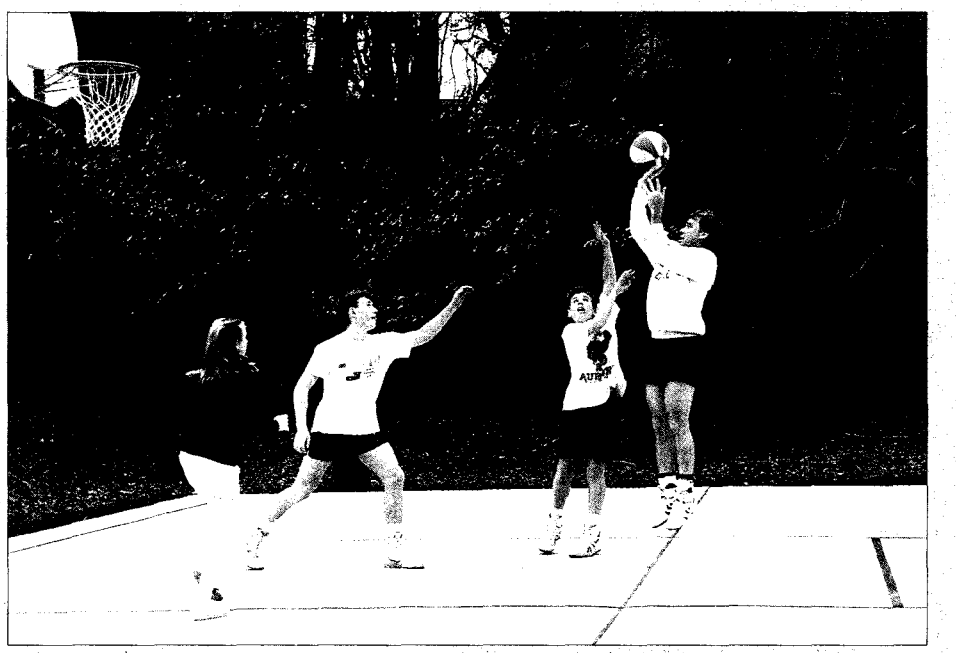
Six hundred million dollars? She doesn't fit that mold. We ask her if she has ever had a pedicure. The answer is no. Marilyn Quayle does her own hair. "Going to the beauty salon takes too much time," she says. "I can't sit still that long—I've got to be up and doing. I cut the children's hair too. I used to do Dan's until the middle of the campaign—then I never saw him. Now, Dan and Tucker sometimes get their hair cut at the Senate barber shop at a subsidized price of $12."

Having to pay the expense for their move from Virginia to Washington, Mrs. Quayle says, sparked a house debate over what was worth paying to have moved.

If there is a down side to her new life-in-a-fishbowl existence, it's that everywhere she goes, "security people go with me," she says. "It's important that the kids be as normal as they can be," she adds. Even so, they complain that they can't go to Wendy's, can't go to the movies, can't go anywhere outside the house unaccompanied.

Still trying to give her children a relatively normal life, Marilyn plays tennis and goes horseback riding with them, and joins in family basketball. When playing tennis with her peers, she prefers singles. "It's too hard to get three people at the spur of the moment in what little time I have to play. Singles is quicker exercise," she says.

She enlisted Dan and the kids for a



The move to Washington having cost Tucker a chance to play varsity basketball at his school in McLean, his father now plans family basketball whenever his vice-presidential schedule permits.

The Quayles may hail from landlocked central Indiana, but they love water sports, from scuba diving to whitewater rafting. Here the clan races down the New River in West Virginia. The photo, rarely seen by visitors, decorates the hall leading to Marilyn's office-den.

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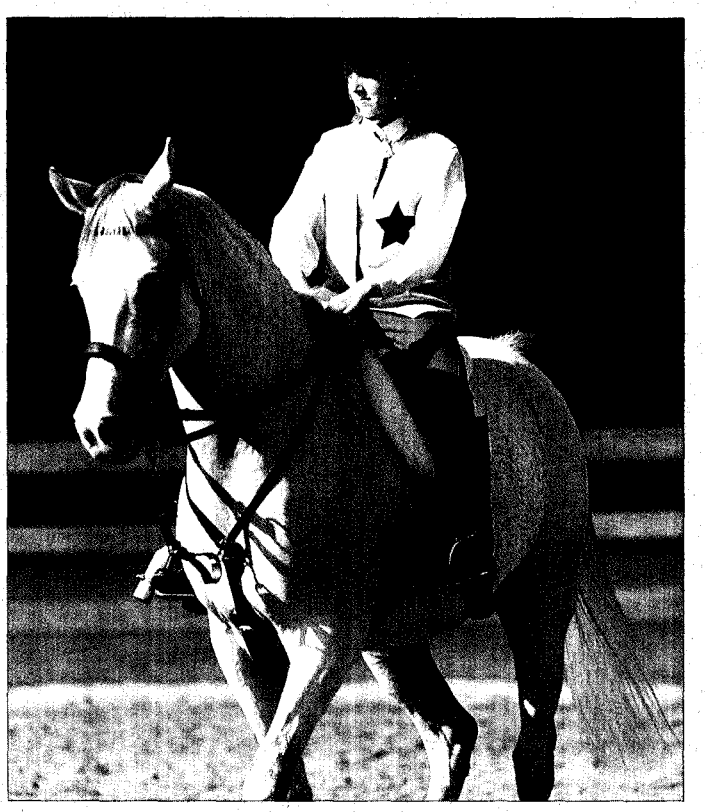
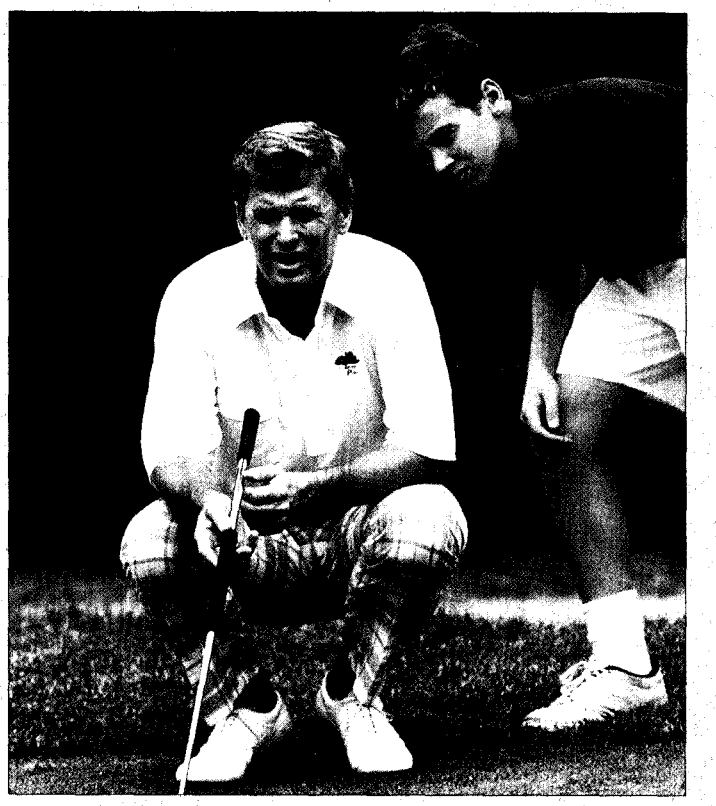
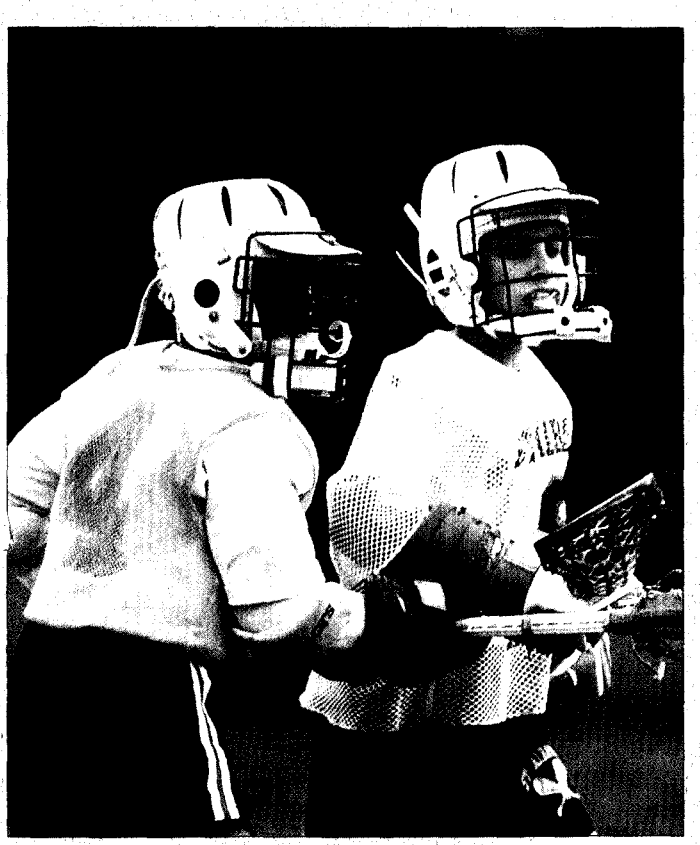


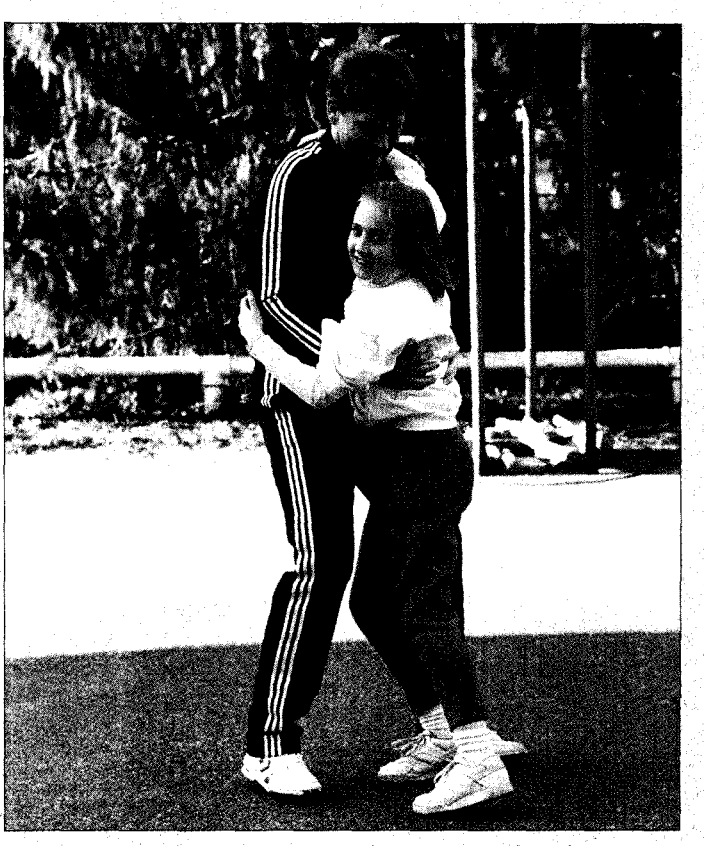
Marilyn takes every opportunity to give her children as normal a life as possible. Corinne, named after the Vice President's mother, has spent most of her 11 years in the public spotlight.



Public life hasn't deprived the Quayle kids of time with Mom and Dad. When Ben was a baby, he often accompanied Marilyn to her law office and to court. Here, he and Dan ponder a putt.



Ben playing junior varsity lacrosse for his high school in D.C.'s Virginia suburbs. At home he gave his mother lessons in throwing and catching a lacrosse ball.



Taking after her once-tomboy mother, Corinne Quayle is always ready to shoot baskets with her brothers, and the payoff is a hug from her sports-minded dad.

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five-kilometer run up Pennsylvania Avenue to drum up money for low-cost mammograms and public service announcements. She also unblushingly mentions that on a skiing holiday she skied better than Dan—but the two boys were faster than both of them. Besides playing his three rounds of golf a week, Dan jogs a mile three or four times a week, she says, "no matter what."

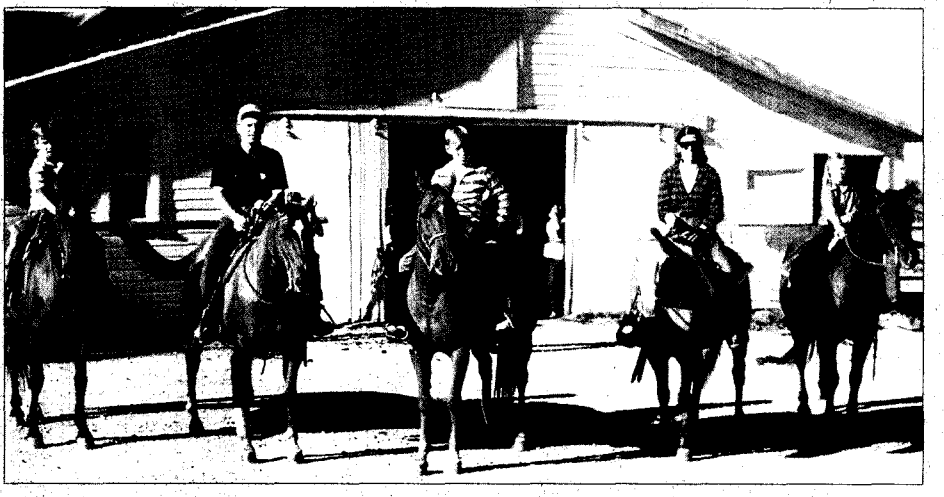
In her efforts to keep the family fit, Marilyn has overhauled the menu at home and aboard Air Force Two. "We always eat whole-wheat bread," she says. "And the kids have fruit and cereal for breakfast. We eat a lot of vegetables and fruit. We eat a lot of chicken and fish, but we do like our hamburgers and steaks. Fortunately, we have very, very low cholesterol, so I don't really worry about it."

About 100 letters a day are addressed to Marilyn Quayle; she reads them at night. A lot of them come from Christians and include assurances that various churches are praying for the Quayles and the Bushes. Marilyn, a devout Christian herself, has found time to join Joanne (Mrs. Jack) Kemp and Susan (Mrs. James) Baker's Bible study group.

The report that Marilyn Quayle is as much a policy advisor to her husband as any of the men on his staff is not denied by either her or the Vice President. Strong-minded and intelligent, she, in fact, might be viewed as Quayle's senior advisor.

"With most of our presidents and vice presidents, the wife has played a

Aspen or the hills of New Hampshire—it makes no difference when it comes to skiing. Marilyn admits, "I'm a better skier than Dan, but our two boys are faster than either of us."



The Quayles go for rural America. They obviously believe that Ronald Reagan's observation "When a man sits on the outside of a horse it does good things to the inside of a man" applies to the whole family as well. Here they enjoy ranch life in Big Horn, Wyoming.

In their drive for fitness, the Quayles cite golf as one of several ways the family can stay in shape. Does it work? Read their hips.

Although Dan plays three times a week with a seven handicap, Marilyn confesses she is not a golfer. "Dan gave me some sort of a computer golf game for Valentine's Day," she says, "but he really got it for himself."

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major role in the administration," she says. "No one would admit it before. Now, it's out in the open."

Dan, in turn, is said to be very comfortable with this admission. "Of course I share things with my wife," he says. "She's a colleague."

In choosing a useful cause to embrace—just as Nancy Reagan spoke out against drugs and Barbara Bush is attacking illiteracy—Marilyn Quayle has targeted breast cancer. And for justifiable reasons. Breast cancer will strike 142,000 women in 1990. The rate of diagnosis has doubled since 1961.

Marilyn and the Vice President will be busy participating in events for Breast Cancer Month and making public service announcements, "which will highlight the importance of taking care of yourself," she says. "We will stress the necessity of a man taking the initiative on this to make sure the woman he loves *does* take care of herself."

In her public appearances on behalf of breast cancer research, she bluntly states that husbands are often more likely than their spouses to detect changes in the women's breasts. She urges that boys and girls be taught about the breast in sex-education classes so both sexes will be aware of any sign of the disease.

Although there is no known cause of breast cancer, Marilyn points out, heredity, high-fat foods, use of birth-control pills, and smoking are all risk factors. Women over 50 are also more at risk—and the number of female victims over 50 is growing. Seventy-five percent of those getting breast cancer have no history of the affliction in their family. One out of nine with breast cancer will die from it. One woman will be diagnosed every five minutes. Early detection will improve the recovery rate by 90 percent.

Because in rare situations some lumps do not show on mammograms, self-examination is important, Marilyn emphasizes. Symptoms to look for include lumps (eight out of ten lumps are not malignant), discoloration, tenderness, or any change in the breast. Early detection also gives the woman more options: a lumpectomy; no need for radiation; no worry about losing the breast.

Marilyn advises those women in the risk group at age 40 and all women

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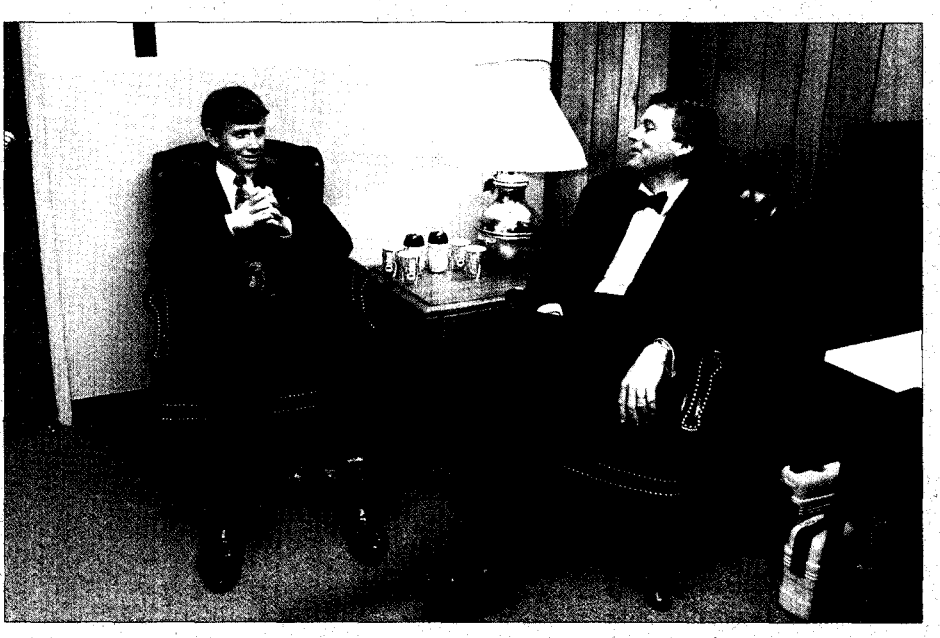

Look who's looking like a vice president. If Dan Quayle were ever to need a stand-in and age were no consideration, Tucker certainly would be the top candidate.

A Friend Remembered

Marilyn Quayle has learned to brush aside with a laugh the negative press coverage given to her husband, but there is a note of sadness when she speaks of Kent Frandsen, a longtime friend who died of a heart attack on November 18, 1988.

Frandsen performed the Quayles' wedding ceremony at Marilyn's home. As the associate dean of students at Indiana University Law School-Indianapolis, he became the target of reporters looking into Dan's law school admission and academic records during the presidential campaign.

Frandsen's wife recalls, "The reporters would be parked outside our home waiting for him, and they would call in the middle of the night. To my dying day," Mrs. Frandsen says, "I will believe the stress from the unfair harassment brought on his death." Frandsen's son Kent shares her view. "Dad wasn't even handling admissions," he says, "but he was taking all the brunt of the 'investigations.' " He wasn't a heart patient.

The Quayles co-chaired a drive to establish a memorial scholarship for Frandsen at I.U. Their efforts helped raise more than $150,000 for the G. Kent Frandsen Scholarship awarded each year to a deserving student entering the law school.

The university has already bestowed two of the awards on the basis of demonstrated leadership, scholastic achievement, financial need, extracurricular activities, and community involvement.

"Dean Frandsen was loved by all and is sorely missed at Indiana," a colleague at the law school said. "Everyone was glad he lived long enough to see Dan elected. He was so proud of him."

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THE BREAST CANCER-DIET CONNECTION

Why do China and Japan have such low rates of breast cancer compared with the United States? Our overly rich diet may be the answer.

by Jerzy Jaskiewicz, M.D., and Ted Kreiter

Will you develop breast cancer? The bad news, according to the latest statistics, is that one in ten women in the United States will. What's more, the number of breast cancer cases in women over age 44 has been steadily increasing since 1960, by almost 2 percent a year.

The reasons for this increase are unclear. We know that cancer of the breast, like other cancers, is a disease of the body's cells. Abnormal, hyperactive growth occurs when cell division is not orderly. This growth results in a buildup of tumors. Despite extensive studies, there is no clear explanation of why and when breast cancers will develop. Probably a combination of heredity and environment is responsible.

A woman's breasts change throughout her life. Such factors as age, menstrual cycle, pregnancy, breast-feeding, and menopause can cause these changes, all of which have been cited as risk factors in breast cancer, but to these another factor must also be added: the role of diet.

Some evidence suggests that a rich diet high in calories promotes rapid growth during childhood leading to early menarche, which is associated with high rates of breast cancer. American women begin menstruation three to six years earlier than Chinese women, who have a lower rate of breast cancer. An energy-rich diet later in life contributes to obesity, which after menopause enhances the growth of breast cancer.

Animal studies in the 1940s first showed a relationship between dietary fat and cancer. Rats fed a high-fat diet and exposed to a carcinogen developed more mammary tumors than a control group developed.

In human populations, scientists noted a much lower rate of breast cancer among Japanese and Chinese women, whose diets were much lower in fat than the diets of Western women. They also found that immigrants to the U.S. from countries with low breast cancer rates generally "adapt" to our higher rates.

According to Dr. Ross Prentice, an epidemiologist at the Fred Hutchinson Research Center in Seattle, the incidence of breast cancer among women from Poland rose after they migrated to the United States. Dr. Prentice has collected information from 21 countries about breast cancer rates for women 45 to 69 years old and has gathered national data on fat calories consumed per capita. He found that the breast cancer rates among women who have migrated from Japan and China to the United States also increased, but more slowly.

The method by which fat appears to increase breast cancer is not yet understood, and the mystery intrigues researchers. Dr. Geoffrey Howe of the Epidemiology Unit of the National Cancer Institute of Canada and colleagues analyzed the original data to evaluate the consistency of 12 case-control studies of diet and breast cancer.

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Eggless Egg Salad wrapped in pita bread, Cream of Broccoli-Cauliflower Soup with Curry, and Tex Mex Taters.

Their analysis showed "a positive association between breast cancer risk and saturated fat intake in postmenopausal women." It also showed "a consistent protective effect for a number of markers of fruit and vegetable intake." Vitamin C had the most consistent and statistically significant inverse association with breast cancer risk. Vitamin A may also diminish breast cancer risk.

The researchers concluded: "If these dietary associations represent causality, the attributable risk [i.e., the percentage of breast cancers that might be prevented by dietary modification] in the North American population is estimated to be 24 percent for postmenopausal women and 16 percent for premenopausal women."

In a recent study in northwestern Italy, Dr. Paolo Toniolo of the Department of Environmental Medicine, New York University Medical Center, compared the diets of 250 breast cancer patients against those of 499 healthy women of the same ages. They found a reduced risk for breast cancer "for women who derived less than 28 percent of calories from fat versus more than 36 percent." They found a similarly reduced risk for women who derived less than 9.6 percent of calories from saturated fat or less than 5.9 percent from animal protein.

Dr. Peter Greenwald, the director of the National Cancer Institute's Division of Cancer Prevention and Control, advises, "Things that are prudent to do while the research continues are cut down on fat to less than 30 percent of calories; avoid obesity; and eat a variety of vegetables, fruits, and grains.

"We have the epidemiological data that supports the idea that you ought to cut down on the fat in your diet—that's especially for postmenopausal women," Dr. Greenwald says. "If we had the breast cancer rate of Japan, instead of having 44,000 deaths we might have only 8,000 to 10,000 deaths per year."

While indicting dietary fats, researchers are also finding evidence that some foods may *protect* against breast cancer. Dr. Pieter van't Veer of the Toxicology and Nutrition Institute, Zeist, the Netherlands, and colleagues found a lower consumption of fermented milk products (predominantly yogurt and buttermilk) among 133 breast cancer cases as compared to a control population. They also found "a statistically significant decrease in breast cancer risk" for an increased intake of Gouda cheese. Their results "support the hypothesis that high consumption of fermented milk products may protect against breast cancer."

Dr. Tim Barnes, an associate professor in pharmacology and biochemistry at the University of Alabama at Birmingham, has been studying soybeans' possible role in preventing breast cancer. His research group has found that rats fed soybean-containing diets developed significantly fewer mammary tumors than rats in a control group.

Soybeans contain large amounts of phytoestrogens, chemical compounds that compete with estradiol for estrogen receptors in breast tissue. Abnormal estrogen levels are known as risk factors for breast cancer. When phytoestrogens block estrogen cell receptors, the harmful effect of this hormone is minimalized. Soybeans are the most practical source of large amounts of phytoestrogens in the human diet.

Dr. Barnes became interested in soybeans because of cross-cultural studies showing lower rates of breast cancer in Oriental women who consume more soybean products. In the researchers' next experiments, they will extract phytoestrogens from soybeans and administer them to animals. The researchers hope to determine whether the phytoestrogens work as cancer preventives at the initiation stage of breast cancer or as anti-promoters at the growth stage, or possibly both. They also plan to investigate the different varieties of soybeans—of which there are some 1,500 in China—and to analyze the various soybean products, such as tofu, soy milk, tempeh, and miso.

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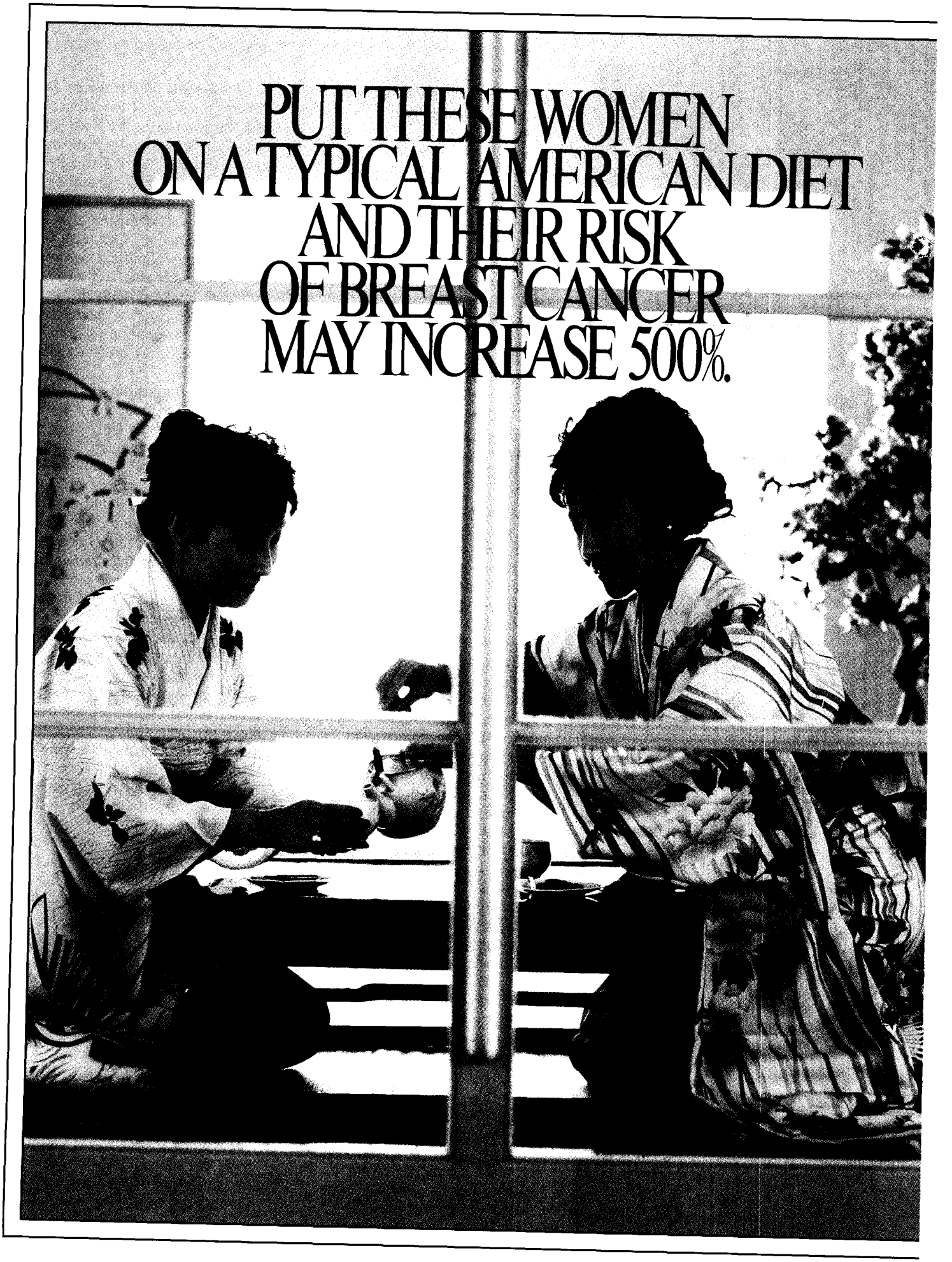

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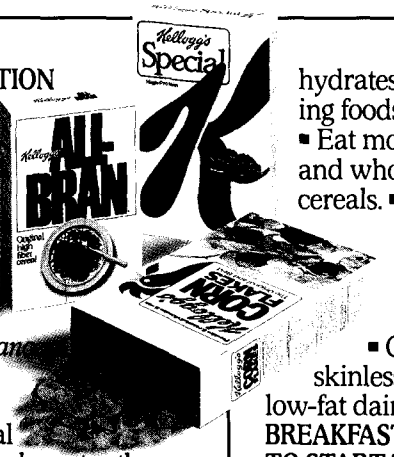
The two most important risk factors for breast cancer are being a woman, and getting older. While there's not much you can do to change these factors, there is something you *can* change to try to reduce your breast cancer risk—your diet.

Studies show that women in the Orient—whose diets are low in fat—have much lower rates of breast cancer than American women—whose diets are typically high in fat. With one in ten American women expected to develop breast cancer, the fact that dietary changes may reduce risk should be encouraging news.

EARLY DETECTION IS ANOTHER IMPORTANT FACTOR A WOMAN SHOULD USE TO FIGHT BREAST CANCER.



The National Cancer Institute, along with 11 other leading medical organizations, advocates these guidelines: Get screening mammograms. Between ages 40 and 50, women should have a mammogram every one to two years and an annual breast exam by her doctor. By age 50, both the mammogram and breast exam should be done once a year. These recommendations apply to women without signs or symptoms of breast cancer. Also, do monthly self-exams and report any changes or lumps to your doctor. If every woman in the United States just followed the recommended guidelines for mammography, 13,000 women could be saved every year.

HOW DO YOU IMPROVE THE TYPICAL AMERICAN DIET TO LOWER YOUR RISK? Reduce fat and increase complex carbohydrates and fiber-containing foods in your diet.

- Eat more vegetables, fruits, and whole grain breads and cereals.
- Eat a moderate amount of a variety of foods to achieve and maintain a desirable weight.
- Choose lean meats, skinless chicken, fish, and low-fat dairy foods more often.

BREAKFAST IS A GREAT PLACE TO START. There's no better place to start on a low-fat diet than at breakfast. Choose one of many delicious Kellogg's cereals. Pour on some skim milk, top it with fresh sliced fruit, have a piece of whole grain toast on the side and you've got all you need for a little or no fat breakfast. After all, diet may make a difference in your cancer risk. So do the smart thing, make sure yours is the right one.

This message is brought to you by Kellogg's.® Where a healthy breakfast starts. For more information, write to: Kellogg's Healthy Life, P.O. Box 1989, Battle Creek, MI 49016-1989.

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GET A TASTE FOR THE HEALTHY LIFE.™

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Self-Control Chili
(Makes 4 servings)

2 tablespoons polyunsaturated vegetable oil
3 cups cooked soybeans, soaked overnight and ground
1 large onion, chopped
1 clove garlic, minced
1 teaspoon oregano
1 teaspoon cumin seed
6 teaspoons (or more) chili powder
2 medium cans tomatoes
3 cups cooked whole soybeans or *3 cups cooked chili beans* or *1 1/2 cups each*

In large skillet combine oil, ground soybeans, onion, and garlic, and brown lightly. Transfer to large pot. Add oregano, cumin seed, chili powder, tomatoes, and whole portion of soybeans. Cover with water and bring to boil; lower heat and simmer at least 1 hour.

Tex Mex Taters
(Makes 1 1/2 cups sauce)

1 package (10.5 oz.) Mori-Nu Tofu, Silken/Soft, drained
1/2 teaspoon chili powder
2 1/4 cups shredded sharp cheddar cheese
3 tablespoons canned green chilies, chopped
1/8 cup chopped cilantro
6 medium baked potatoes
Dash cayenne pepper, if desired
1/3 cup tomatoes, diced, for garnish
1/3 cup onion, diced, for garnish

In blender or food processor, whip together tofu and chili powder. Transfer to medium saucepan. Add cheese, chilies, and cilantro. Heat until all cheese is melted. Stir frequently.

Spoon hot sauce over hot split baked potato. Top with cayenne, tomatoes, and onions. Serve immediately.

"Ice Cream"
(Makes 3 cups)

1 package tofu, drained
1/2 teaspoon sweetener, if desired
2 cups frozen strawberries
2 teaspoons berry-flavored diet drink powder

Combine all ingredients in blender and mix well. Serve immediately.

Cream of Broccoli-Cauliflower Soup with Curry
(Makes 5 servings)

2 tablespoons polyunsaturated margarine
1 1/2 cups chopped onion
1 rounded tablespoon minced fresh garlic
3 1/2 cups defatted low-sodium chicken stock
1/2 teaspoon thyme

"Hubert's outside blowing the lawn. Would you like to leave a message?"

2 large bay leaves
1/8 cup finely chopped parsley
5 cups broccoli florets
2 cups cauliflower florets
1 package (10.5 oz.) Mori-Nu Tofu, Silken/Soft, drained
1/4 teaspoon white pepper
1 1/2 teaspoons curry powder
Salt, if desired

In medium soup pot, melt margarine. Sauté onions and garlic over moderate heat 5 minutes.

Add chicken stock, thyme, bay leaves, parsley, broccoli, and cauliflower. Bring mixture to boil. Reduce heat and simmer, covered, 15 minutes, stirring occasionally, until vegetables are very tender. Strain vegetables. Remove bay leaf.

In blender or food processor, purée tofu, vegetables, and small amount of soup stock.

Whisk vegetable-tofu purée back into soup stock. Add pepper and curry powder. Add salt to taste.

Heat soup again, stir, and serve hot.

Eggless Egg Salad
(Makes 3 servings)

1 package (10.5 oz.) Mori-Nu Tofu, Silken/Firm, drained
1 teaspoon apple cider vinegar
2 1/2 teaspoons prepared yellow mustard
1 teaspoon honey
1/2 teaspoon turmeric
2 tablespoons diced celery
2 tablespoons diced onion
1 teaspoon chopped parsley
1/8 scant teaspoon white pepper
Dash paprika

Crumble tofu into small mixing bowl. Set aside.

In separate bowl, combine vinegar, mustard, honey, and turmeric. Mix thoroughly and pour over crumbled tofu.

Add celery, onion, parsley, pepper, and paprika. Mix thoroughly. Refrigerate approximately 30 minutes to allow flavors to meld.

Note: Try Eggless Egg Salad in pita bread lined with fresh greenery.

Pumpkin Pie
(Makes 1 9" pie)

2 packages (10.5 oz.) Mori-Nu Tofu, Silken/Soft, drained
2 egg whites
1 1/2 cups canned pumpkin, solid pack, nothing added
1/2 cup sugar
Scant 1/4 teaspoon salt
2 teaspoons ground cinnamon
1/2 teaspoon ground allspice
1/2 teaspoon ground nutmeg
1/2 teaspoon ground ginger
1 9" pie shell, unbaked

Combine all ingredients and whip until thoroughly blended.

Pour into pie shell. Bake 15 minutes in preheated 425° F. oven. Bake an additional 50-55 minutes at 350° F.

Cool, slice, and serve.

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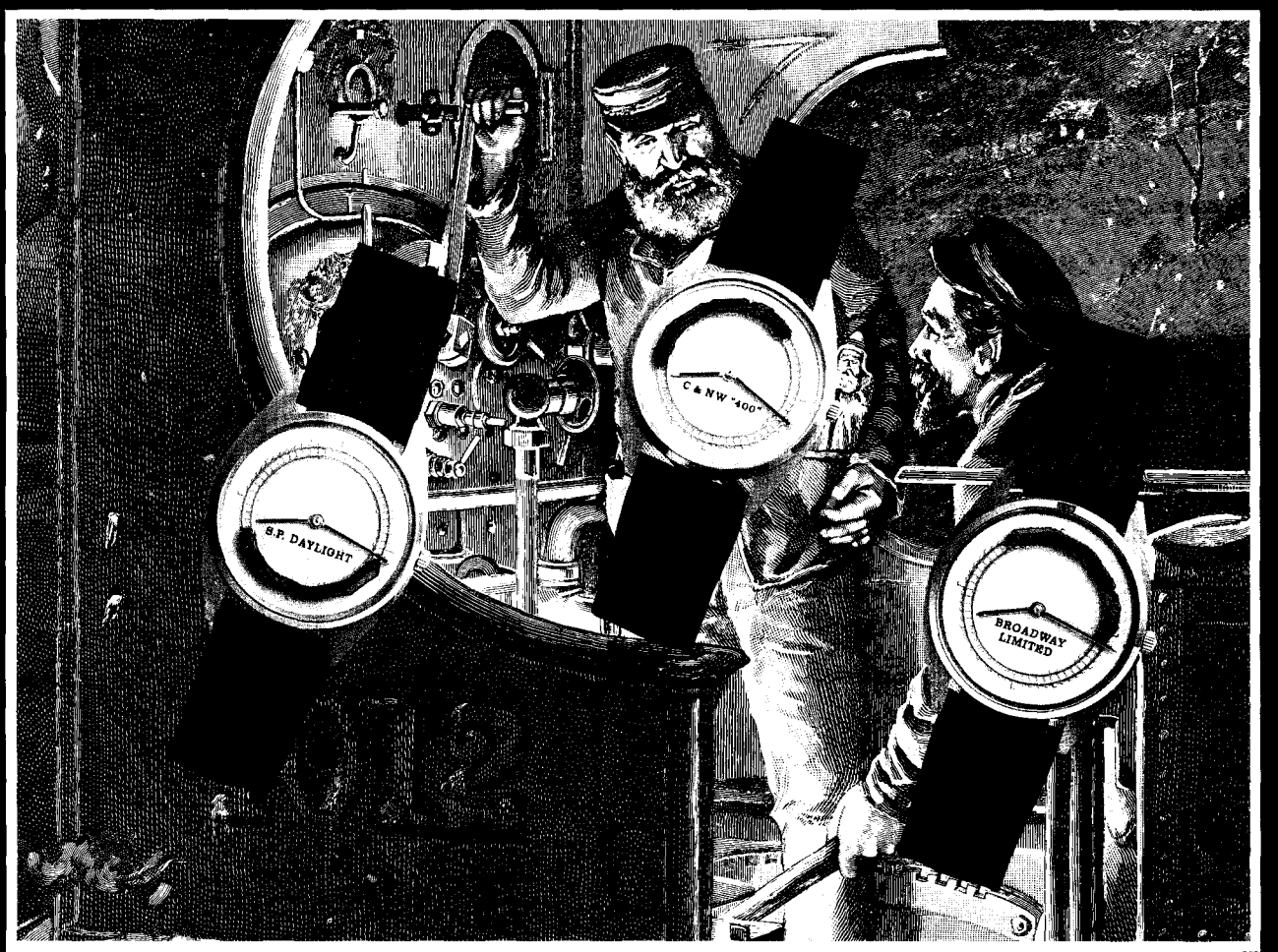

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ANNIVERSARY CRUISE

This time he would not let the floating chuck wagon add ten more pounds to the ten he was still trying to lose from the last cruise. What went wrong was not his fault—he says.

by Maynard Good Stoddard

Illustrated by Don Trawin

"It's a thoughtful thought," I said to my beaming bride of yesteryear, upon examining her anniversary gift to me. "But if it was the element of surprise you were after, I'd much rather you had jumped out of the closet with your hair in curlers and yelled, 'Boo!' "

What she had done instead was present me with a Manila envelope stuffed with documents for a Caribbean cruise, the top document being a notice that our next Visa statement would be augmented by the handsome sum of $2,122. Plunging further into the mess, I discovered that this did not include tours of the various ports.

"Or if you're doing this just to impress our friends and neighbors" (they being two separate groups), I stated further, "why not monogrammed toothpicks? Or something equally sensible? Compared to a Caribbean cruise, that is. Or maybe stained-glass lenses for my binoculars? Or how about—" but she had already buried her head in the jungle she calls a closet and was dredging up cruise clothes enough, as it turned out, to fill her own suitcase and one side of mine.

"Why do you want that . . . and that . . . and this? You never wear them," she explained, leaving me with two pairs of shorts, a straw hat, and my shaving kit.

"As you know only too well," I said, "the cruise directors' standard joke 'You come aboard as passengers and seven days later we roll you off as cargo' is no joke. I haven't got rid of the ten pounds I picked up from our last cruise," I pointed out, trying to squeeze in a thin T-shirt before jump-closing my bag.

Then I remembered the French woman who had managed to knock off seven well-to-do husbands by feeding them rich foods until they turned up their toes from heart attacks or other longevity inconveniences.

Well, not this husband, dear girl. I may not be well-to-do, but I certainly have enough to make it worthwhile. If you've already blown your wad on widow's weeds, I hope you saved the sales slips, because this is one husband with the will power and common sense to make this the world's first one-man "lite" cruise.

I would like to take this opportunity to thank the airlines for getting me off to a good start in cutting calories. Due to their honey-roasted-peanut lunches, I landed in Jamaica on an empty stomach, you might say. (I wouldn't say it, but you might.) Awaiting us at the pier in a blaze of welcoming lights was my caloric adversary, the *Regent Star*.

Why, you might ask, did I not pass up the sockeye salmon rillettes, the cream of corn soup, the roast Cornish hen "diva," the choice of four vegetables, a salad, a cheese tray, a fruit basket, and the strawberry mousse Benedictine? I'll tell you why. The ship line being fairly new, I had this gut feeling (though barely enough room for it) that the cruise people might be trying to make a good first impression. Not that they'd be serving only bread and water from here in, but with this thought in mind (where there was plenty of room), I sneaked two oranges, a banana, and a bunch of grapes from the fruit basket to take to our cabin—where I added them to the basket of fruit awaiting us on the bureau, "compliments of the hotel manager."

Also awaiting us was an invitation to dine at the "nonsmoking table" of Captain Konstantinos Theoharis the very next evening.

"Non*smoking*," I ranted to the perpetrator of this mess, "but no captain's table is going to be non-caloric, non-cholesterol, and non-low-fiber. We'll have to spend the rest of the year at a fat farm just to burn up the artery-plugging stuff from this one dinner alone," I further ranted.

"Maybe you could ask for a doggie bag," suggested the concerned perpetrator, disemboweling my suitcase in search of the proper dress to wear.

"And on

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the first slurp of the soup course I'll probably dredge up the big end of my necktie," I said. "I've done it before."

"How about sticking the dessert in your pocket? You've done that before too," she pointed out.

Actually, I did it only once. A piece of rhubarb pie. I hate cooked rhubarb. It reminds me of a sheep's nose with a cold. The reason I tried this only once was because the hostess noticed how fast my pie had disappeared and brought me a second piece. And two pieces of rhubarb pie in your pockets are a bit much.

As expected, all eight courses turned out to have calories big enough to be seen. Only the blushing bride of my youth separating me from the captain, I had no choice but to eat every course with relish (except for the grenadine of beef malagasy, which I ate with green peppercorn sauce). As for stuffing the dessert in my pocket, no way—it being a hot popover the size of a baseball, which I might have collapsed to pocket accommodations had it not somehow been filled with ice cream.

Upon observing that I possessed the suave to keep my tie out of the soup and the dessert out of my pocket, Captain Theoharis invited wife and me to join him on the bridge the next morning for coffee while his ship (not a boat—a boat, we were told, is what you take if the ship sinks) negotiated the Gatun Locks to the Panama Canal.

My popping over in bed that night was not the fault of the popover. Nor was it from worry that the ship could not be raised 125 feet to the level of Gatun Lake, where we would turn around. What kept me churning in bed half the night was realizing that the locks had been completed in 1913. I had been completed in 1912—and I knew the condition *I* was in. I could visualize one of those lock gates giving way, as one once did at Sault Ste. Marie, Michigan, allowing water, ship, passengers, and all to come spewing out, mast over apple cart.

Upon traversing the locks with no sweat—unless you count mine—we were on our way to Cartagena (Car-ta-HAY-na), Colombia, with eating and seasickness being about equally divided activities among the passengers.

"From here in," I said to dear wife, after a modest burp from a shot of Alka-Seltzer, "no more breakfasts and lunches in the Cordon Bleu dining room, where we are at the mercy of a menu and a waiter whose pay must depend upon how many pounds of food he can push off on us. I, at least, will be partaking of both meals at the take-it-or-leave-it at the buffet on Lido deck, where I'll be taking only enough to sustain life."

Why, then, did I take enough to floor a horse, as dear wife so delicately phrased it? I'll tell you why. For the next two days after I selected my sparse fare, the only vacant chairs happened to be located directly behind the dessert table. And even a man of my high moral fiber can't witness the weak-of-will fawning over the cheesecake, the cobblers, the brownies, the mousses (or is it meese?), and the whipped-cream-topped gelatin creations without his curiosity being aroused as to whether all that junk stuff is really worth all the adoration. The answer turned out to be yes. Especially the meese.

Although still able to get through

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KIDS' THOUGHTS DRAWN OUT

Students grades 3 through 12 illustrate their concerns in editorial cartoons.

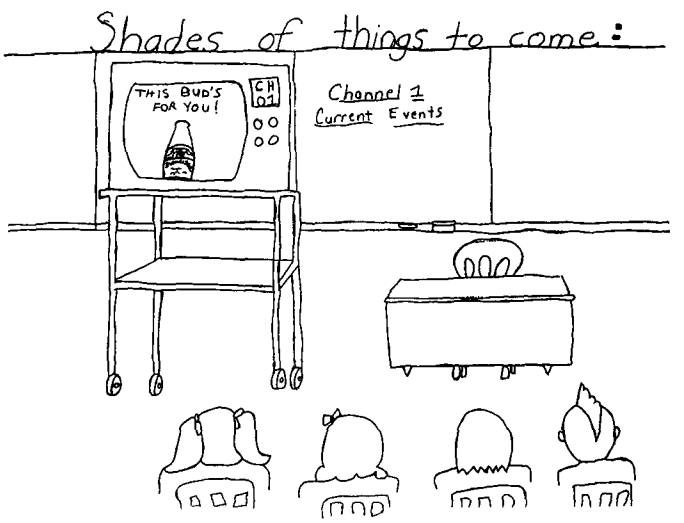
Are today's young people at all concerned about the way the world works, about politics and history, about geography and economics, about what is happening to our planet, to our society, and to our government?

To find the answers, "NewsCurrents," a current-events program seen by more than one million students weekly, turned its viewers loose on the NewsCurrents Student Editorial Cartoon Contest. And what happened? Even the contest judges were amazed at the sophisticated understanding of current events displayed by the 10,000 students, from ages 8 to 18, who participated.

The best 100 cartoons of these fledgling Herblocks, Bill Mauldins, and Thomas Nasts are now available in a book, *Editorial Cartoons by Kids 1990*, published by Knowledge Unlimited, Inc. We have selected a sampling to be reprinted here. Some are funny, some are poignant, others are stinging. But whether you laugh or snort in derision at the fun they poke, you'll have to agree that when given the right opportunity for learning, the young people of our nation are capable of much more than we often give them credit for.

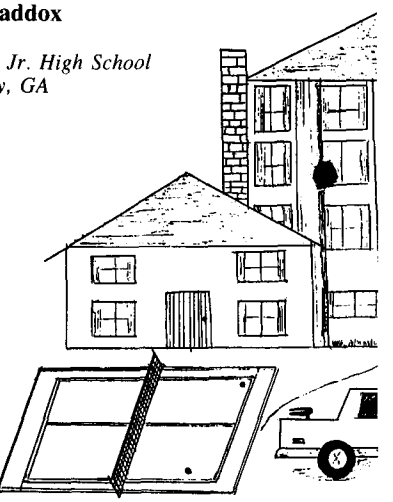
Joe Mead
Grade 6 Western Jr. High Buda, IL

Shauna Lorenzo-Rivero
Grade 11
Olympus High School
Salt Lake City, UT



Julianne Bridget Gamble
Grade 8 Wyoming Area Middle School Exeter, PA

Ryan Maddox
Grade 8
Peachtree Jr. High School
Dunwoody, GA



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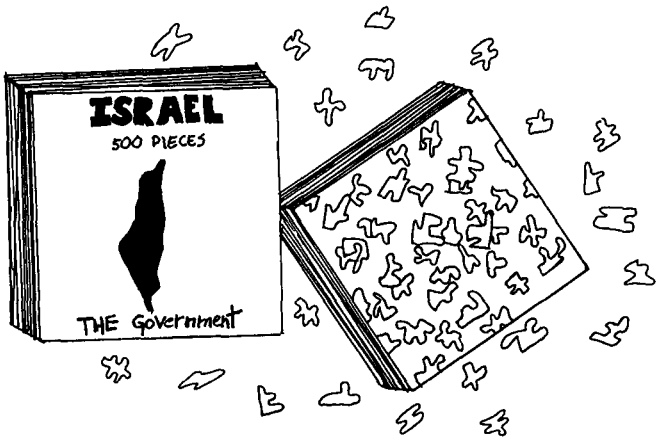
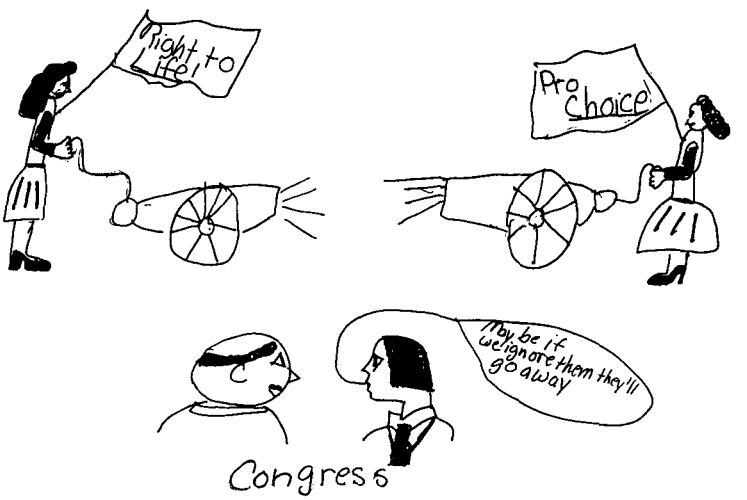
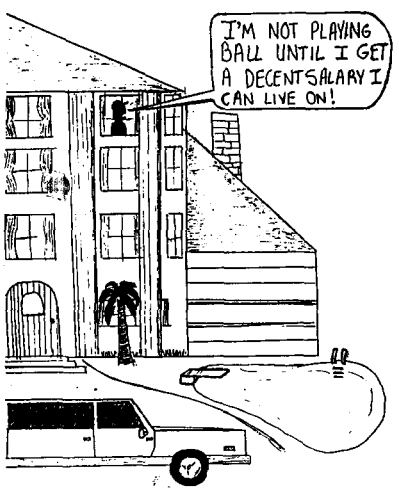


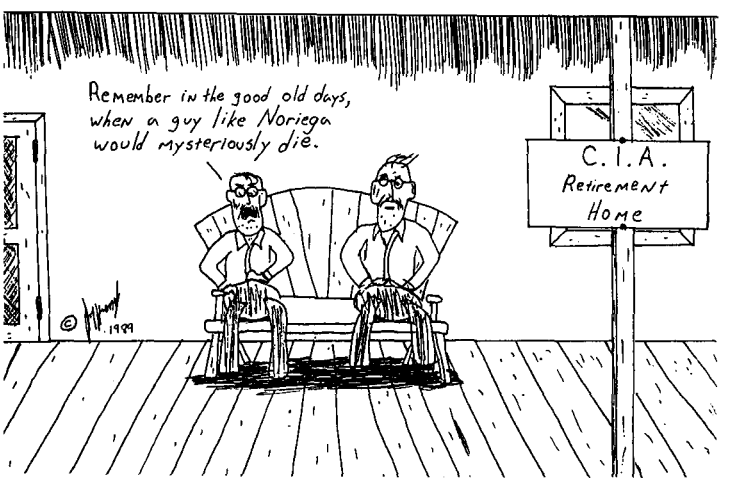
Leigh Lubin and Jennifer Yale
Grade 8 Sherman Oaks School Reseda, CA

Ryan Orvels
Grade 3 Crossfield Elementary Herndon, VA



Victoria Lynn Hyatt
Grade 5 Christ Our King School Mt. Pleasant, SC





Jason Huff
Grade 12 Woodlands High School Hartsdale, NY

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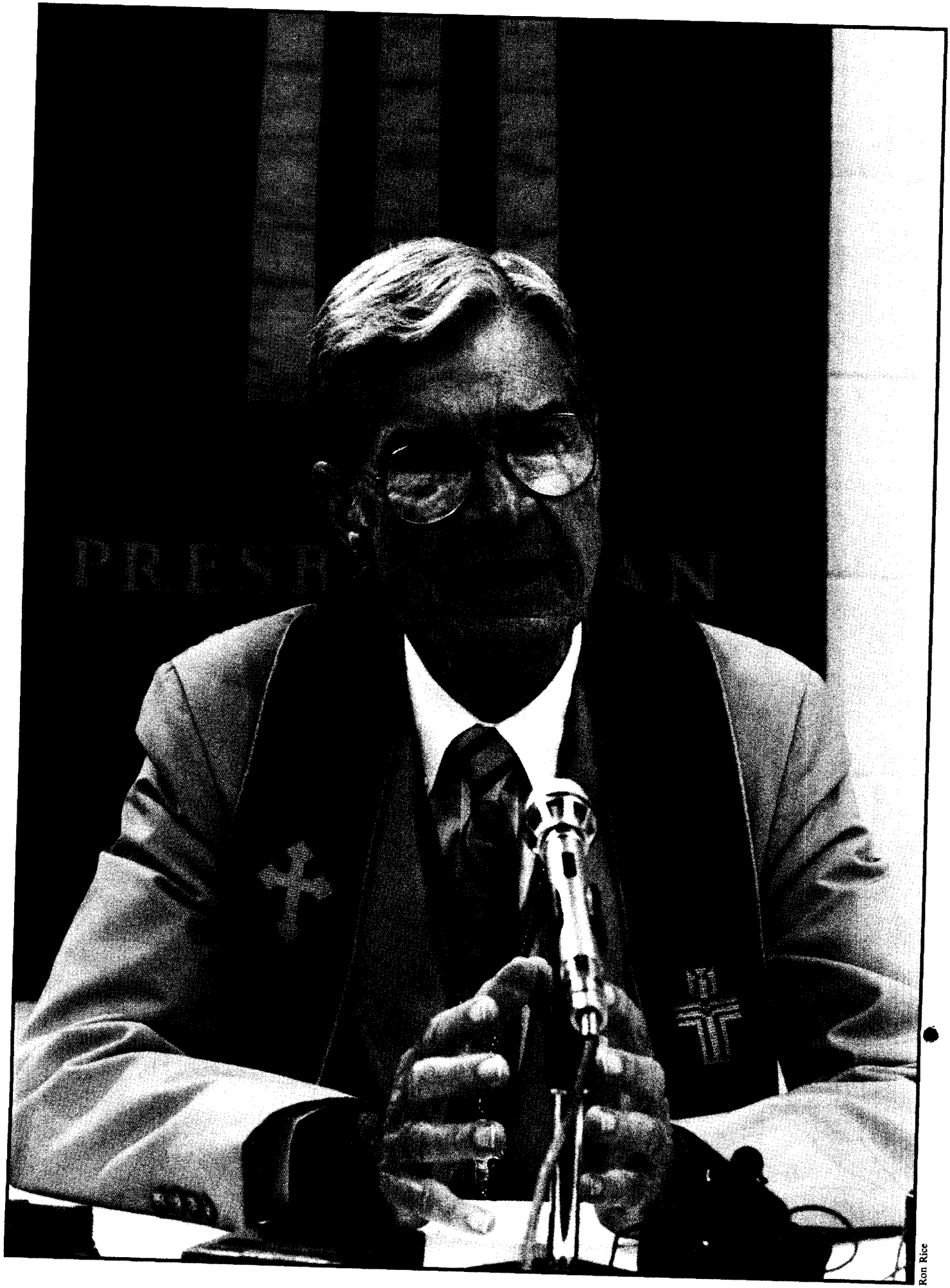

Ron Rice

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THE PRESBYTERIANS' DYNAMIC NEW LEADER

Tapped by enthusiastic admirers, a health-minded business executive is bringing a new sense of purpose to the tradition-rich Presbyterian church.

by Kathleen McClain

Had you been visiting Salt Lake City on a June afternoon this year, you might well have been curious about the thunderous ovation that suddenly shook the very walls of Salt Palace Center. But as any member of the 202nd General Assembly of the Presbyterian Church (U.S.A.) could have told you, the wild excitement marked the entry of its new leader, Price Gwynn, a businessman from Charlotte, North Carolina. As he came down the aisle—amid popping flashbulbs and rolling videotapes—the Assembly rose to greet him, well-wishers from his home church crowded onto the stage, and his wife, Katherine, reached out for a teary hug.

When the cheers subsided, Gwynn donned the embroidered blue stole and three-inch silver cross that symbolize the top post in the 2.9 million-member denomination, and he stepped to the podium. Rapping a homemade rosewood gavel, he launched what would be a yearlong adventure as moderator of this tradition-rich, politically active church, with concerns running the gamut from the environment and street people to peace in the world and houses for the poor.

"I am humbled by your choice, honored beyond words by your selection, and I'm in prayer," Gwynn said. The cheers erupted again.

In the often-contentious world of church politics, Price Henderson Gwynn III is a breath of fresh air.

Modest but self-assured, genteel but forthright, the 67-year-old elder and lay leader from Steele Creek Presbyterian Church in Charlotte was by all accounts a long shot for leadership of the Presbyterian Church (U.S.A.), a mainline Protestant body that traces its American roots to 1629.

But Gwynn agreed to seek the moderator's job at the urging of pastors and friends impressed by his talent and commitment. His first bid for national church office came at a critical time for Presbyterians. Escalating unrest between conservatives and liberals threatened the unity achieved in 1983, when the northern and southern halves of the denominations were reunited for the first time since the Civil War.

Although Gwynn was a corporate executive with a splendid portfolio of professional accomplishments and community activism, he offered no impressive committee assignments at the national level, no familiarity with the inner workings of denominational headquarters in Louisville, Kentucky. He lacked the pastoral credentials of four of his opponents and the national name recognition of the fifth, a Washington layman well-known for his leadership of the church's powerful General Assembly Council.

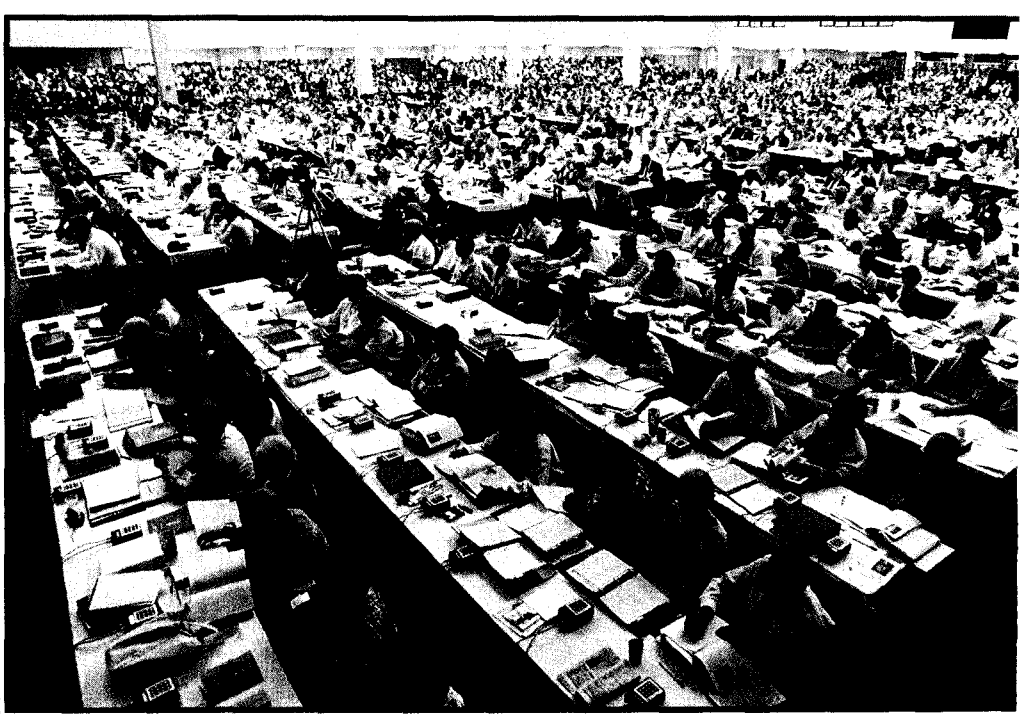
But Gwynn appealed eloquently to men and women in the pew.

His message was aimed not at the powerbrokers, but at the worshipers and volunteer workers who fill the denomination's 11,500 U.S. churches: those who teach Sunday school, operate childcare programs, contribute to community homeless shelters, support Presbyterian colleges, promote evangelism, and send missionaries around the world.

He spoke compellingly of the need to put aside political differences and move forward on faith with a new commitment to outreach and growth.

"Christian friends, if we shoot ourselves in the foot because of internecine warfare or denominational myopia, we will have to answer for it," Gwynn

continued on page 94



Ron Rice

At Salt Lake City, Utah, the 202nd General Assembly of the Presbyterian Church overwhelmingly chose Price Gwynn to lead their 2.9 million-member denomination.

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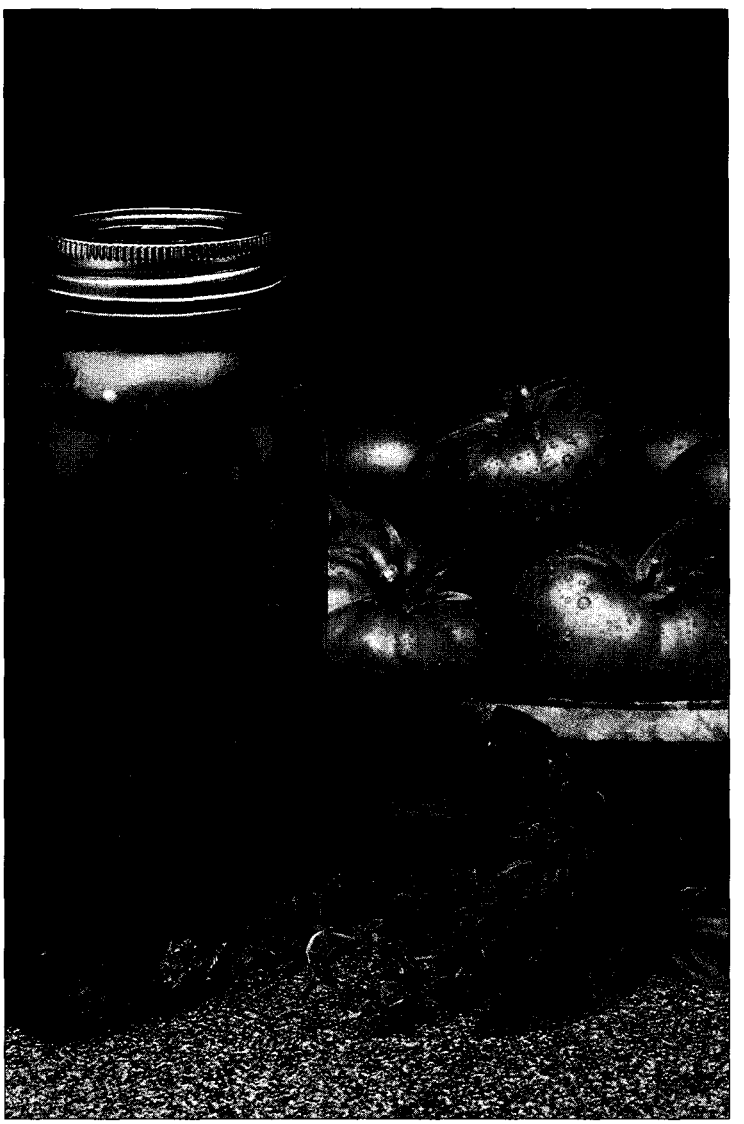
EAT WHAT YOU CAN AND CAN WHAT YOU CAN'T

A pantry filled with colorful canned fruits and vegetables is a feast for the eyes as well as for the table.

by Charlotte Turgeon

When harvest time comes around, most people have a squirrel-like instinct to take advantage of the oversupply in garden, orchard, or market and store up for winter. Memories of day-long sessions in hot, steaming kitchens like those our mothers and grandmothers used to contend with—when pecks of apples and pears, and bushels of tomatoes and corn were brought to the kitchen door to be put up—make most people feel that canning must be done wholesale or not at all. Not so. It is possible and also enjoyable to can or freeze in small batches.

There are many advantages to canning and freezing your own fruits and vegetables. Besides the inevitable feeling of satisfaction, you have the distinct advantage of knowing the source of these foods and being able to regulate the amount of sugar and salt added to them. You can be certain the food contains no harmful preservatives. Because evidence increasingly suggests that highly refined sugar, used in large quantities, is injurious to health, we will suggest ways to avoid using it.



Only home canning preserves that vine-ripened tomato flavor. A pint of these beauties forms the basis for many a tasty recipe.

Canning in small quantities is easy and pleasant. In the first place, you are doing it because you want to, not because you have to. In the second place, canning or freezing two to four pints at a time is never tiring and can usually be done along with other kitchen chores. The possibility of error is thus greatly reduced.

Home canning requires little more equipment than that found in an everyday kitchen, so when the spirit moves or when a neighbor drops by with garden extras, you can easily pop such produce into can or freezer.

Certain vegetables and fruits are more successfully canned than frozen, and others are better frozen than canned.

The secret of success is to never overwhelm yourself with large quantities of anything—containers, kettles, or produce. Too much will only cause confusion. Buy half-pint and pint jars by the dozen so that you are always prepared. If you have a small cleared area on either side of the sink and another near the stove, you may can or freeze with ease. If you lack these, a small table on wheels will provide extra work space.

Prepare just two to four half-pint or pint containers at a time, and before you know it you will have a wonderful array of fruits and vegetables that will add interest to winter menus.

Italian Tomato Wedges

(Makes 5 pints)

5 pounds tomatoes
1/2 pound Vidalia onions, sliced thin
2 sweet green peppers, sliced into 1/4" strips
5 teaspoons Italian seasoning
1 1/4 teaspoons parsley

Prepare home canning jars and lids according to manufacturer's instructions.

Peel, core, and quarter tomatoes. In large saucepot combine tomatoes, sliced onions, and pepper strips. Bring to boil and boil 5 minutes. Pack into hot jars; leave 1" head space. Add 1 teaspoon Italian seasoning and 1/4 teaspoon parsley to each jar. Cover with boiling water; leave 1" head space. Remove air bubbles. Adjust caps. Process 30 minutes at 10 pounds pressure in pressure canner.

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Tomato Wedge and Zucchini

(Makes about 6 quart jars)

6 quarts cored, peeled, and quartered tomatoes, about 14 pounds
2 quarts sliced zucchini, about 2 1/2 pounds
2 quarts onion rings, about 1 pound
2 cups water
2 teaspoons basil
2 teaspoons oregano
1/2 teaspoon thyme

Prepare home canning jars and lids according to manufacturer's instructions.

Combine all ingredients in large pot. Bring mixture to boil. Reduce heat and simmer 5 minutes. Pack vegetables into hot jars; leave 1" head space. Carefully ladle hot liquid over vegetables; leave 1" head space. Remove air bubbles. Adjust caps. Process 40 minutes at 10 pounds pressure in pressure canner.

Hot Pickle Mix

(Makes 7 1 1/2-pint jars)

2 1/2 cups peeled pickling onions, about 1 pound
2 cups 1/2" carrot slices, about 4 large
2 cups 1/2" celery slices
2 cups 1/2" sweet yellow pepper squares, about 2 medium
2 cups 1/2" sweet red pepper squares, about 2 medium
1 cup 1/2" sweet green pepper squares, about 1 medium
6 pounds zucchini, cut into 1/2" chunks
7 jalapeño peppers
1 1/2 cups canning salt
4 quarts water
10 cups vinegar
2 cups water
3/4 cup sugar
2 tablespoons prepared horseradish
2 cloves garlic

Prepare home canning jars and lids according to manufacturer's instructions.

Place first 8 ingredients in large container. Dissolve salt in 4 quarts water. Pour over vegetables and let stand 1 hour. Combine vinegar, 2 cups water, sugar, horseradish, and garlic. Simmer 15 minutes. Remove garlic. Drain vegetables. While wearing rubber gloves, place 3-4 slits in each jalapeño pepper.

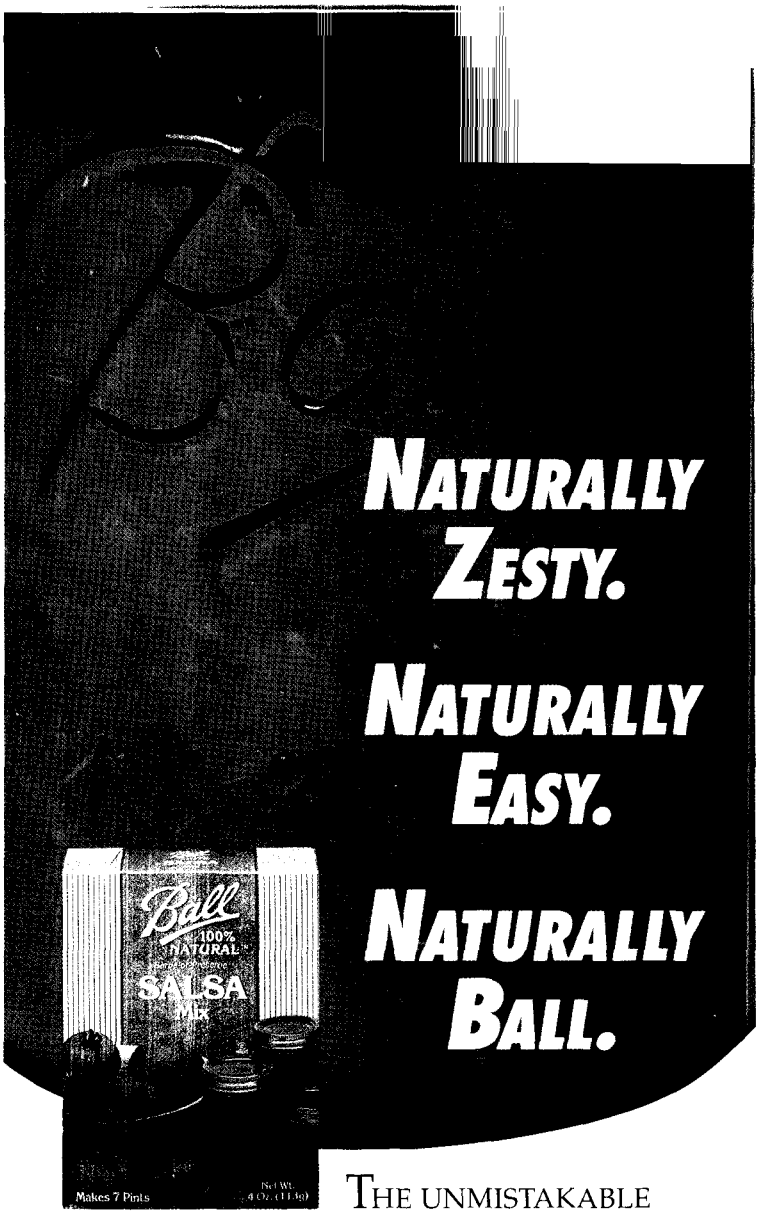
Pack vegetables into hot jars; leave 1/4" head space. Add 1 jalapeño pepper to each jar. Carefully ladle hot liquid over vegetables; leave 1/4" head space. Remove air bubbles. Adjust caps. Process 10 minutes in boiling water bath canner.

Peas and Carrots with Chives

Fresh peas, about 1 pound per pint jar
Carrots, about 1 pound per pint jar
Salt
Fresh chives

Prepare home canning jars and lids according to manufacturer's instructions.

Wash, drain, and shell fresh peas. Wash and drain shelled peas. Wash and scrape carrots, then wash again. Cut carrots into 1/2" coins. Combine peas and carrots in saucepan, cover with boiling water, and boil 5 minutes. Pack vegetables in



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hot jars; leave 1" head space. Add 1/2 teaspoon salt and 1 tablespoon snipped chives to each pint jar. Carefully add boiling water or cooking liquid to vegetables; leave 1" head space. Remove air bubbles with nonmetallic spatula. Adjust caps. Process pints 40 minutes at 10 pounds pressure in pressure canner.

Apple Relish

(Makes about 4 pint jars)

2 pounds tart red apples
2 pounds Granny Smith apples
1 1/2 cups cider vinegar
1 cup brown sugar
1 cup raisins
3/4 cup chopped onion
3/4 cup chopped celery

Prepare home canning jars and lids according to manufacturer's instructions.

Pare, core, and chop apples. Measure 4 cups chopped apples for each variety. Combine all ingredients in large saucepot. Bring mixture to boil. Reduce heat and simmer 45 minutes. Pack into hot jars; leave 1/4" head space. Adjust caps. Process 15 minutes in boiling water bath canner.

Summer Delight

(Makes 7 1 1/2-pint jars)

7 pounds peaches
1 1/2 pounds cherries
1 cantaloupe
2 fresh pineapples
4 1/2 cups cranberry juice
7 cinnamon sticks

Prepare home canning jars and lids according to manufacturer's instructions.

Peel and pit peaches; slice into quarters. Place into soaking solution to prevent darkening. Pit cherries; set aside. Halve cantaloupe and remove seeds. Cut cantaloupe into balls with melon baller or cut into 1" cubes; set aside. Pare pineapple, remove eyes, and core. Cut into 1" wedges.

Place cranberry juice in saucepot and bring to boil over medium-high heat. Reduce heat. Keep juice hot. Fill large saucepot half full with water. Bring to boil over high heat. Drain peaches. Add small amount of each fruit to water and simmer 3-5 minutes or until hot through. Drain fruit and pack variety into hot jars; leave 1/2" head space. Add 1 cinnamon stick to each jar. Carefully ladle hot juice over fruit; leave 1/2" head space. Remove air bubbles. Adjust caps. Process 20 minutes in boiling water bath canner.

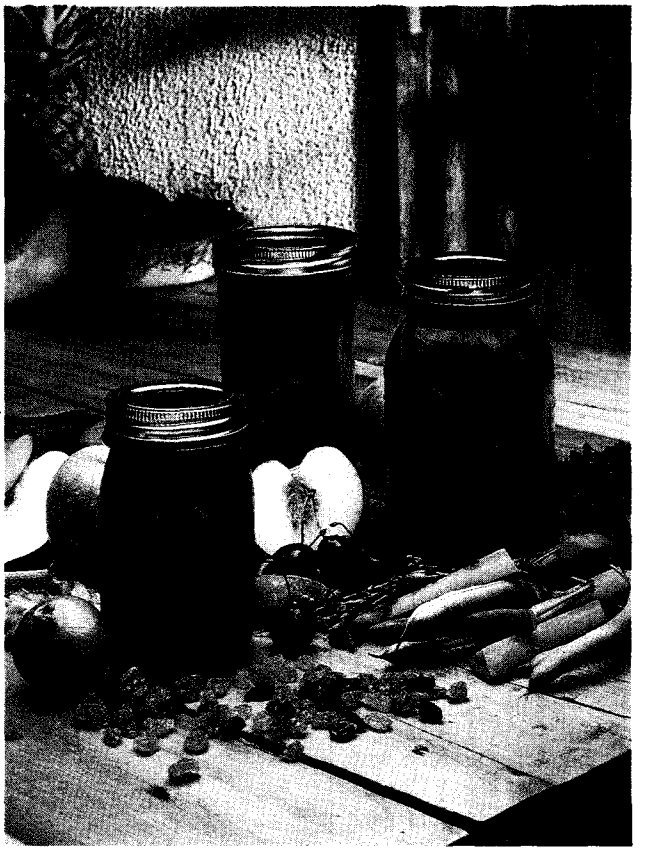
Peppered Corn

Fresh corn on the cob
1 sweet green pepper, chopped
1 sweet red pepper, chopped

Prepare home canning jars and lids according to manufacturer's instructions.

Husk corn; remove silk. Wash. Cut corn from cob. Do not scrape. Add 1 tablespoon green pepper, 1 tablespoon red pepper, and 1 cup boiling water to each pint of corn—or 2 tablespoons green pepper, 2 tablespoons red pepper, and 2 cups boiling water to each quart of corn. Pack into hot jars; leave 1" head space. Remove air bubbles with nonmetallic spatula. Adjust caps.

Process pints 55 minutes, quarts 1 hour and 25 minutes, at 10 pounds pressure in pressure canner.



Cinnamon Spiced Pineapple in Pineapple Juice

1 fresh pineapple per pint
Cinnamon sticks
Unsweetened pineapple juice

Prepare home canning jars and lids according to manufacturer's instructions.

Pare pineapple; remove eyes and core. Cut into 1" chunks. Cook pineapple chunks in water until heated through. Drain and pack into hot jars; leave 1/2" head space. Add 1 cinnamon stick per jar. Heat pineapple juice just to boiling. Carefully pour over pineapple; leave 1/2" head space. Remove air bubbles with nonmetallic spatula. Adjust caps. Process 15 minutes in boiling water bath canner.

Green Beans Oregano

(Makes about 6 pint jars)

6 pounds green beans
1 medium onion, sliced and separated into rings
White pepper
Oregano

Prepare home canning jars and lids according to manufacturer's instructions.

Wash and drain beans. Remove strings and cut or break into pieces. Combine green beans and onion rings; cover with boiling water. Boil 5 minutes. Pack into hot jars; leave 1" head space. Carefully cover with boiling water; leave 1" head space. Add 1/8 teaspoon white pepper and 1/4 teaspoon oregano. Remove air bubbles with nonmetallic spatula. Adjust caps. Process pints 20 minutes at 10 pounds pressure in pressure canner.

Honey Almond Carrots

(Makes about 6 quart jars)

8 pounds carrots
6 cups water
3 cups orange juice
3/4 cup honey
1/2 cup orange peel
1/3 cup sliced almonds
1 tablespoon crystallized ginger

Prepare canning jars and lids according to manufacturer's instructions.

Peel and slice carrots. Prepare syrup by combining water, orange juice, and honey in saucepan. Cook over medium heat until hot through. Keep syrup hot. Pack carrots into hot jars; leave 1" head space. Divide orange peel, sliced almonds, and crystallized ginger evenly among jars. Pour hot syrup over carrots; leave 1" head space. Remove air bubbles. Adjust caps. Process 30 minutes at 10 pounds pressure in pressure canner.

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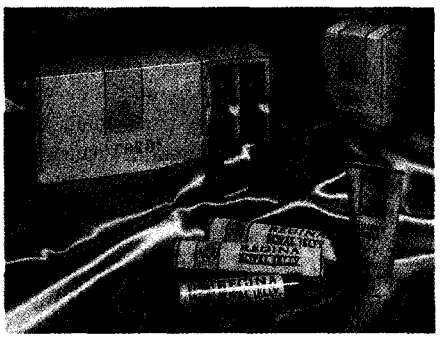
When I saw what Royal Jelly did for me and my son, I started my own company!

For years, Madeline Balletta suffered from an illness subsequently diagnosed as Epstein-Barr Virus, now known as Chronic Fatigue Syndrome. Virtually bedridden, she was too sick to care for her family or herself when a concerned friend gave Madeline Regina Royal Jelly. Within weeks, she began to experience renewed vitality. Delighted with her dramatic improvement, Madeline then gave Regina Royal Jelly to her young son, Jason, who was seriously debilitated after years of suffering from bronchial asthma. When he, too, experienced similar remarkable improvement, Madeline decided to start her own company so that greater numbers of people could benefit from this God-given, all-natural substance. Thus, Bee-Alive was born!

Bee-Alive was the chance to share my blessings and improved health. For everyone interested in feeling better and living a vibrant, healthy lifestyle, I am living testimony that there is a way! I know, having experienced the beneficial effects of Regina Royal Jelly and witnessing my son's amazing renewed strength. I became so excited about Royal Jelly that I started Bee-Alive, Inc. Today, five short years later, Bee-Alive is a thriving, nationally known company.

I now follow a hectic schedule that amazes those who knew me when I spent most of my days in bed. I travel constantly throughout the United States and Europe, extolling the virtues of Regina Royal Jelly. I find it such a joy to be associated with a wholesome, natural product that enhances health and vitality, and to share my knowledge of this amazing food of the Queen Bee! Bee-Alive Royal Jelly products cannot be found in stores because I believe personalized service is vital. Our toll-free number connects you with your own caring, personal consultant who will take whatever time is necessary to listen to your concerns as well as follow your progress. Here at Bee-Alive, we truly care about you!

What type of person is interested in Regina Royal Jelly? We at Bee-Alive receive hundreds of calls each day from the young and elderly, male and female, sick and healthy. For children, Bee-Alive has a special Royal Jelly blended with honey to help their susceptible bodies resist childhood ailments. For the elderly, who frequently complain of insomnia, or not being able to get around as they used to, Regina Royal Jelly offers daytime vitality and nighttime tranquility. Athletes, such as runners and body builders, appreciate the effects of the many amino acids present in Royal Jelly, as do men who wish to acquire more physical and mental stamina. I believe Regina Royal Jelly is particularly beneficial for today's women who are overwhelmed with too much work, stress and responsibility, as Royal Jelly seems to improve the immune system. It is generally believed that 80% of all illness is stress-related. If you are suffering emotional highs and lows, Royal Jelly can help you cope and enable you to achieve a feeling of well-being. Beauty-conscious European women have used Regina Royal Jelly for years. They have discovered what scientists have proven—that Regina Royal Jelly is extremely rich in pantothenic acid, which is believed to slow the aging process.



What is Royal Jelly? Royal Jelly is not a honey or pollen. It is actually bee's milk, made in nature's own laboratory, so it cannot be duplicated by man. The Queen Bee's longevity can be traced to her exclusive Royal Jelly diet. She lives almost six years, while the worker bees, who subsist on merely honey and pollen, live approximately six weeks!

Why Regina Royal Jelly is unique.

To my knowledge, Bee-Alive is the only company in the United States that has pure, unprocessed Royal Jelly in encapsulated form. In the interest of purity, potency and freshness, none of our Regina Royal Jelly products are processed or freeze-dried. In addition, to assure you of the freshness of Regina Royal Jelly, a packaging and expiration date appears on all of our products.

Royal Jelly isn't just for royalty.

While members of the British Royal Family use Regina Royal Jelly, as do many celebrities, today Regina Royal Jelly is made available for everyone through Bee-Alive. As leading advocate, Pat Boone, states, "Regina Royal Jelly is for everyone who is sick and tired of being sick and tired." Remember, Regina Royal Jelly is not a cure, but it can help your body to help itself! Just as Regina Royal Jelly has influenced my life, I hope it will influence yours. Please give us a call at **1-800-543-BEES**. We're waiting to help you change your life, beginning now!

Madeline Balletta

Madeline Balletta,
Founder and President, Bee-Alive Inc.

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Kid Brother

continued from page 45

heard, as he went into the water, falling on his side.

He went down and I didn't see him. He was down for a long time. I couldn't see him and I was afraid and I thought of Ma, and then he came up. I grabbed him and he was choking, his mouth full of water and his face red and his arms moving in the air. But I had him and got him over to the edge and pushed him up on the side.

Mr. Nye was holding Phil with one arm. "Come up here," he said to me.

I got out of the pool. Bobby was sitting up on the wet marble, and then Mr. Nye said, "We don't think much of tricks like that here, fellows," and he looked at Phil Leeds, picking him up high and throwing him out into the pool. He turned to me. "I could throw you in, too, you know, but it wouldn't help, would it? Bobby told me at lunch that you always took care of him. You take good care of him, don't you?" he said, and he left us there.

I took Bobby back to the locker room. I made him sit on the bench and rest. I guess there was no use trying to save today any more. He'd fixed today for me, all right, but I didn't care any more. It was like I'd expected it with him along. I just wanted to get dressed and go home.

"Didn't mean to scream, Ken," Bobby said.

I was pulling on my socks. "It doesn't make any difference," I said.

"You're mad at me," he said.

"I'm not mad."

"Yes, you are," he said. "Didn't mean it."

I had my shoes on. "Can you get dressed?" I asked.

He nodded and reached for his socks. "Don't have to pay any attention to me, Ken. I'll go home now."

"We're going home now."

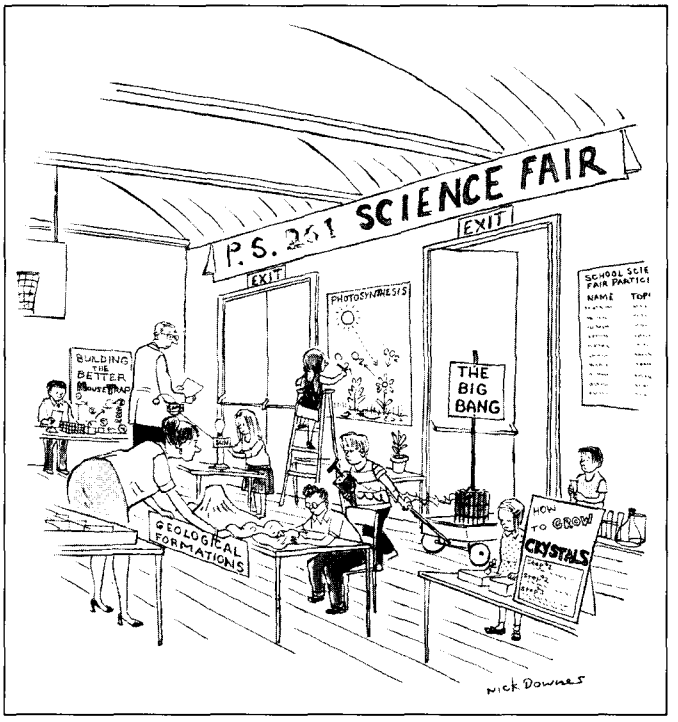
He looked up, and I saw sure he would cry. "The drawing," he said. "You can't miss the drawing, Ken. The man from Chuckle-Chuck."

"I can miss it."

"But that's what you were waiting for," Bobby said. He was standing in his shoes and socks and shorts. He reached out to touch me, but I pulled away.

"I'm not going to see any drawings, that's all. I'm going home, that's all, and you're going with me, and now. You wanted to come, and now you're going." I reached into the locker for his shirt. "You get dressed, darn it." I could feel it hard to swallow and my eyes starting to burn. "Hurry up, darn it," I said over my shoulder.

The other Knights started to come into the locker room. I went back to Bobby and helped him get his clothes on. We were the first out of there. We got our jackets from the checkroom man. We were passing the trophy case when Mr. Nye stopped us.



"Where are you fellows going?" he asked.

"Home," I said. "We're going home."

"Now you don't want to do that." He rumpled Bobby's hair. "We've got Sid Glotter, the News cartoonist, waiting," and he pointed at the auditorium. "You, Ken. Bobby told me you're pretty good with a pencil yourself."

Bobby and his big mouth. "Not very good," I said.

"Well, you're staying," Mr. Nye said. He got between us. "Boys' House promised the Knights a full day's show, and you two aren't going to make liars out of us," and he led us into the auditorium. It was marked off in sections with a poster for each group. There was a sign with Knights written on it, and Mr. Nye took us to it. It was halfway back from the auditorium stage, near the windows. He told us to sit down. "Ken, I've got to get the other Knights," he said. "I don't want you to go home." Then he smiled and stuck out his hand. "If you tell me you'll stay, I know you will," and I had to take Mr. Nye's hand; you know that.

He left us and the auditorium started to fill. The other neighborhoods came in quick, and pretty soon Mush Hanley and Indian Gantman, of the Knights, came. Zami Garlick and Phil Leeds came, and they sat in the row in front of us, right in front of us. Mr. Nye and the other men were walking up and down the aisles. In a few minutes the auditorium was full. Everybody sat down but Mr. Nye, who went up on the stage and behind the curtain.

Then he came out and everybody was quiet. He said we didn't want to see him and he was going to introduce Sid Glotter, and the curtain opened.

I saw the easel and I could feel my heart starting to pound. I saw the big square folio of white paper, and then Sid Glotter came out on the stage. I saw the charcoal pencils in his left hand and I started to clap. Everybody started clapping, and Sid Glotter grinned at us. He was half turned to the easel, and while we were clapping he drew an apple. First an apple with a stem and everything. Then he had his back to us for a minute, and suddenly he stepped away. The apple was gone, but there was a round-faced girl's head, and she wore a tam; the stem was the tip of the tam.

Everybody was clapping and whistling. Sid Glotter smiled and tore the sheet off. He drew a lamppost. Then he turned his back, and when he stepped clear it was a tall, thin, drunken man, like in the comedies. Then he turned his back, and when we saw the easel again the drunk was standing against a new lamppost.

Bobby was laughing. I saw Mush Hanley bent over, he was laughing so hard. I saw Mr. Nye standing in one corner of the stage, his arms folded, and laughing. I guess I would have given anything to draw like that.

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Sid Glotter was drawing again, on a fresh sheet, but all of a sudden I didn't see him at all. All of a sudden it was me up there, and it was like I had my eyes closed and making a dream. It was like before I went to sleep, there in the dark, when I saw myself a big painter with famous ladies sitting for me; when I saw myself in New York and Paris, drawing, and I would come back to town and Ma would have her own house that I bought, and they would ask me to paint the mayor and the governor . . . and I felt Bobby's elbow in my ribs and heard him. "Listen, Ken, listen," he whispered.

". . . and any of you fellows who want to try it are welcome," Sid Glotter said, as he held out the charcoal pencils.

"Ken," Bobby said, but I grabbed his arm and squeezed it.

"Shut up," I whispered, and my heart was going. "Shut up, shut up," but Bobby's face was almost white, his eyes big and wide, and he was shaking, he was so excited.

I saw Mr. Nye walk out from the corner of the stage. I prayed he wouldn't say anything or do anything, but he just looked in our direction.

Phil Leeds turned around and watched me, daring me.

"Anybody at all," Sid Glotter said, waiting, and I knew I wouldn't move. I knew I'd sit still, and later—tonight and tomorrow and for a long time—I'd see myself up there, with Sid Glotter standing away from the easel and watching me, and all of them watching me. I knew I'd be sorry and I wanted to do it more than anything I'd ever wanted in my life, and I felt Bobby pull his arm free.

I felt him moving in the chair, and then he was standing up and his arm was up and my heart was pounding so hard that it hurt. I said, "Bobby, don't," but he didn't turn, and I put my head down.

I heard him say, "My brother——"

And I couldn't swallow.

Bobby said, "He's the best——"

And my stomach was sick. I felt myself sick and my chest tight and my heart so loud everybody could hear it, and Mr. Nye was calling for me. Bobby was standing up, looking at me and smiling, and Phil Leeds turned real slow to watch me, and I got up.

I didn't care what happened, he wasn't going to watch me sit there. I wasn't afraid of any Phil Leeds.

Bobby pushed back so I could pass, and next to him Indian Gantman pushed back. I got out of the row and started down the aisle, and I knew—I knew I couldn't draw. I knew I'd just stand there paralyzed, but I walked to the stage and up the steps, past Mr. Nye and over to Sid Glotter and the easel.

I'd never had such an easel, or seen such an easel or such big squares of paper. Sid Glotter bowed and turned me to the auditorium. I couldn't look out at them. I couldn't. I just couldn't.

But he gave me the pencils. I felt the pencils in my hand as he led me to the easel. Maybe it was the feel of the pencils. Maybe it was the blank white paper. But all of a sudden I took a pencil from the bunch in my left hand.

My heart was pounding and my throat was dry, but now I didn't see anything but the white paper, and I had a trick of my own that nobody had ever seen, not even Ma. I drew a five. And stepped away to let them see the five. And stepped back like Sid Glotter had done. I made a wheel of the bottom of the five and a seat of the straight top of it. I drew another wheel, working fast, not thinking, but feeling it in my arm and in my hands, and knowing I could do it. In a minute, when I stepped clear, there was a bicycle on the white paper and my brother Bobby riding it.

I heard them clapping. I heard them whistling and stamping their feet. I heard Mr. Nye clapping and Sid Glotter clapping, and above it all, from far back in the auditorium, I heard Bobby yelling my name.

After that it was easy. After that my heart stopped and my stomach stopped and I could swallow. I drew a baseball pitcher and I drew a halfback carrying the ball, his knees high and his arm out. I drew two fighters in the ring, and Sid Glotter took that drawing. He told them in the auditorium it was for his column, and my name would be over it.

I guess I would have stayed there all day and all night if they'd let me, but Mr. Nye said Sid Glotter was busy and had to get back to the News.

Sid Glotter put his arm around me and we went to the foot of the stage and they clapped for both of us. They clapped all the time we were on the stage. I rolled up all my drawings except the fighters, making a tight tube out of them, and Sid Glotter said for

continued on page 86

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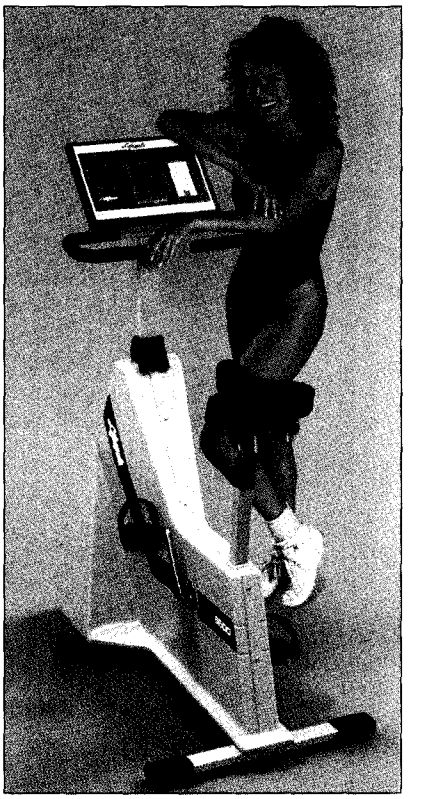

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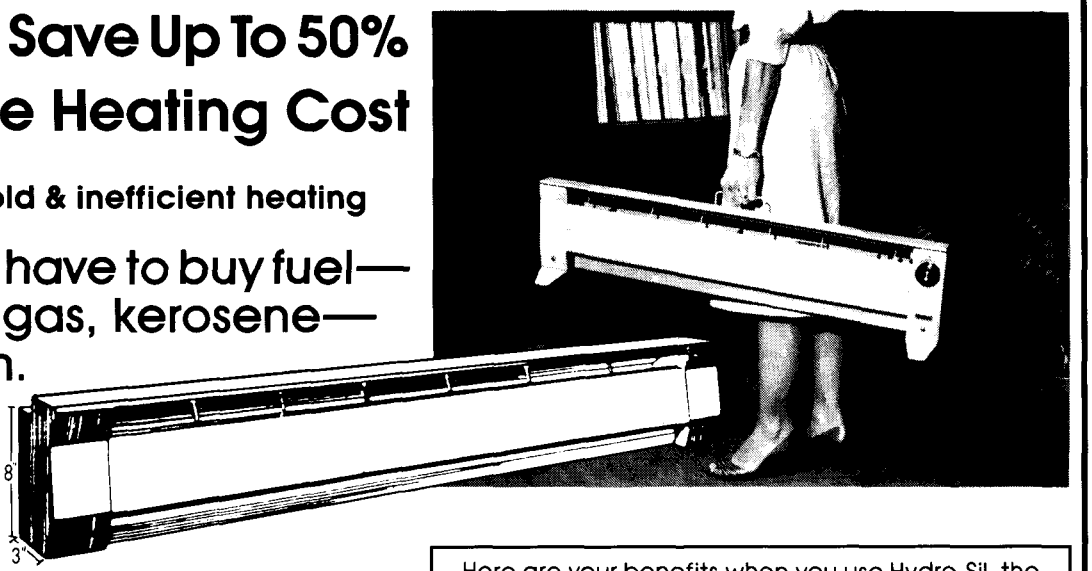

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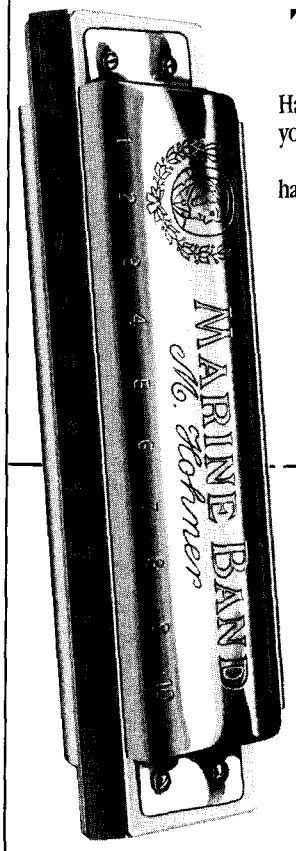

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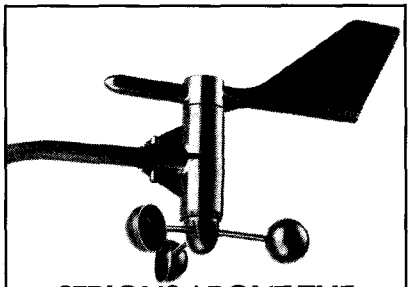

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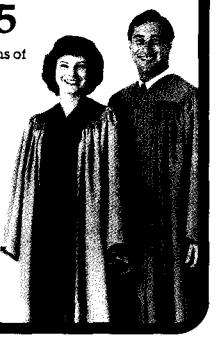

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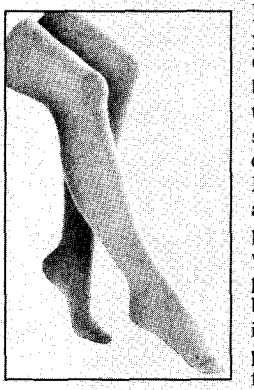

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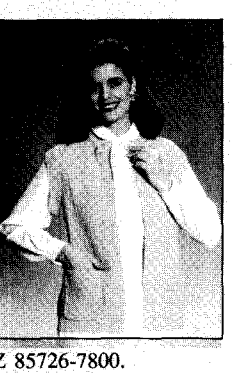

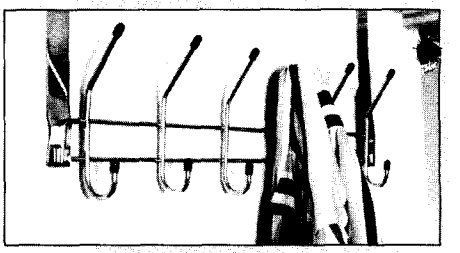

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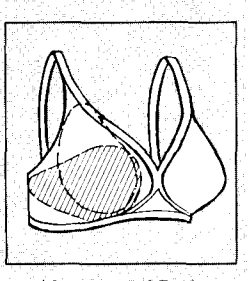

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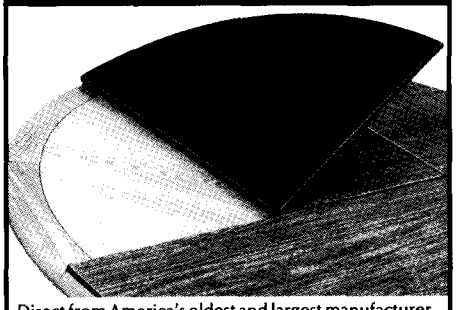

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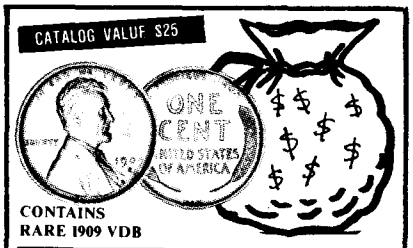

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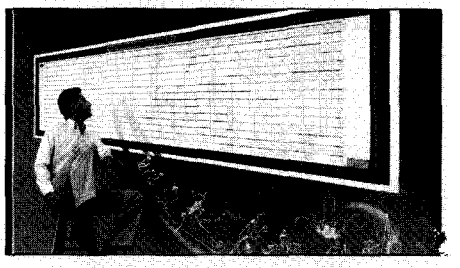

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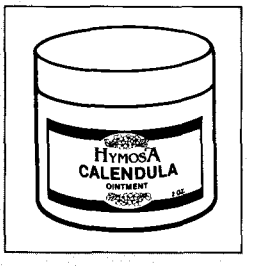

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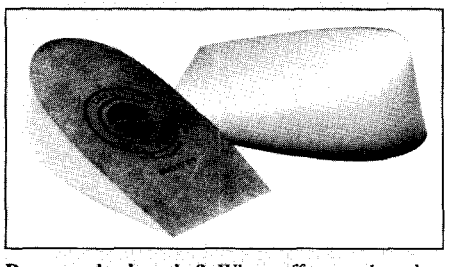

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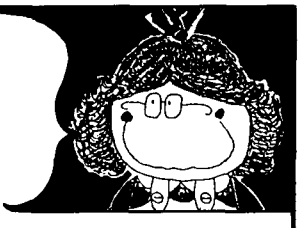

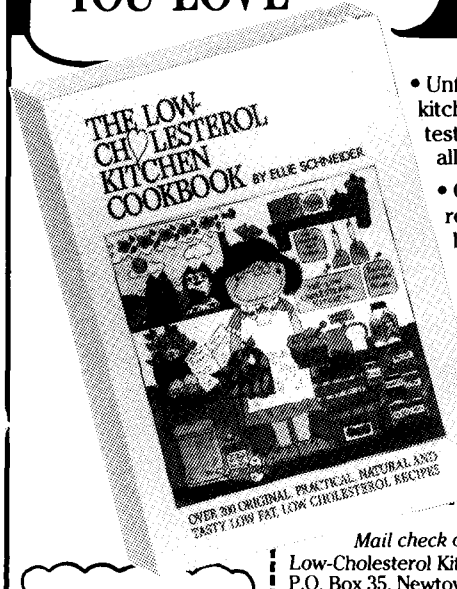
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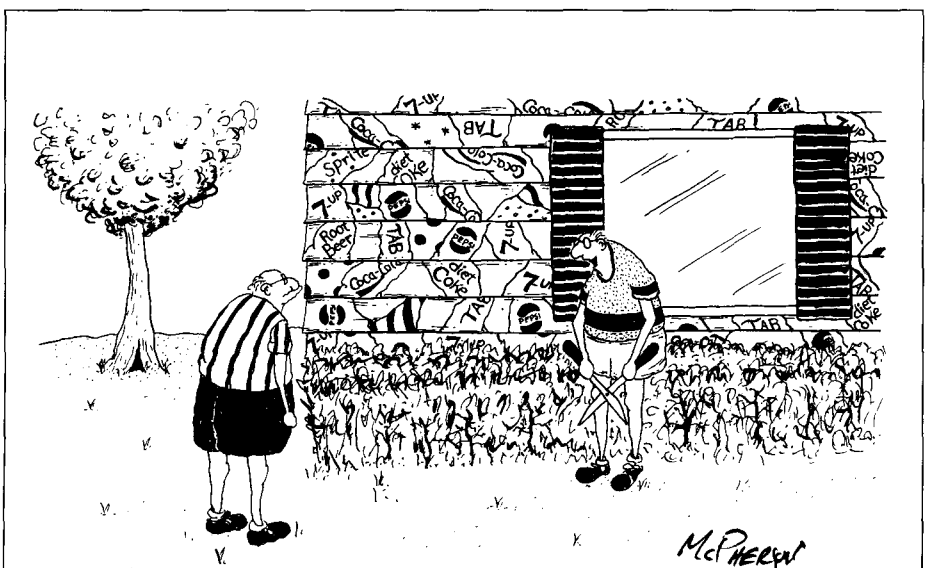

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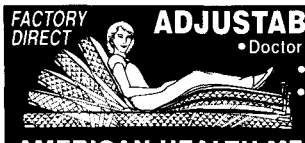

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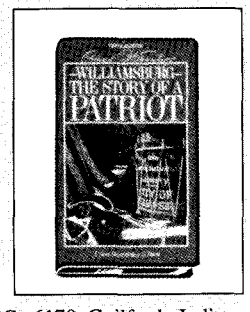

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Courtesy Dave Harris

John Campbell
Editor and Publisher

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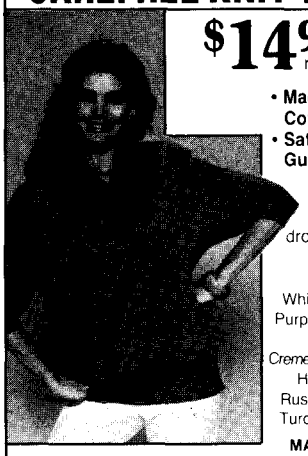

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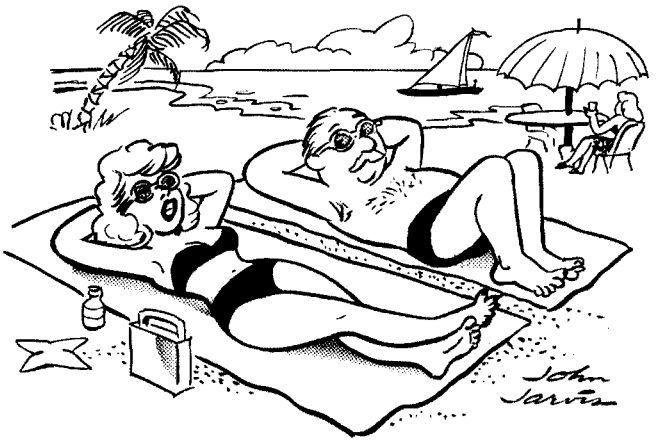
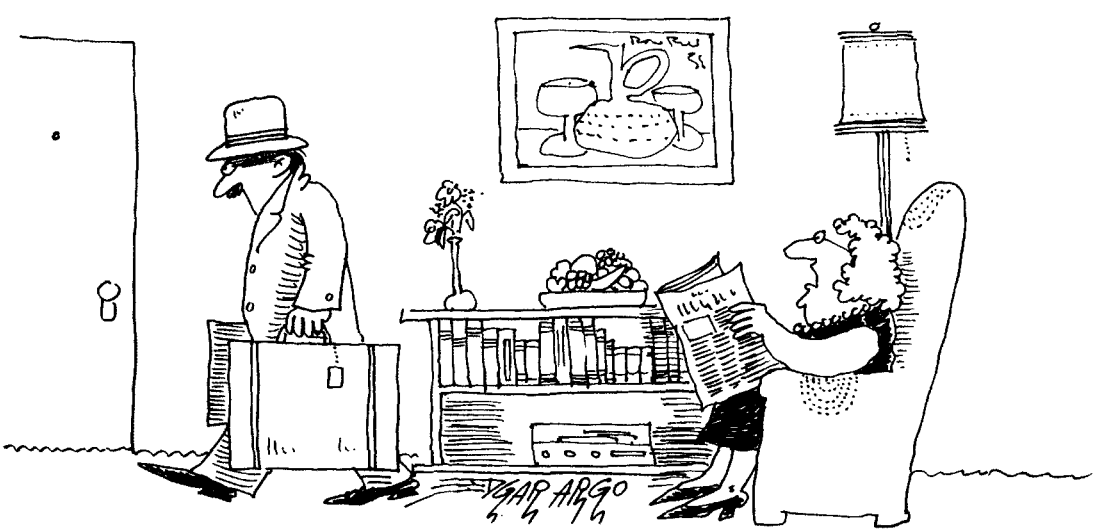


"What do you mean—now you're in the mood for bob-sledding?"

"We can stay another week. I returned the souvenirs."

"I keep getting that feeling we've forgotten something."



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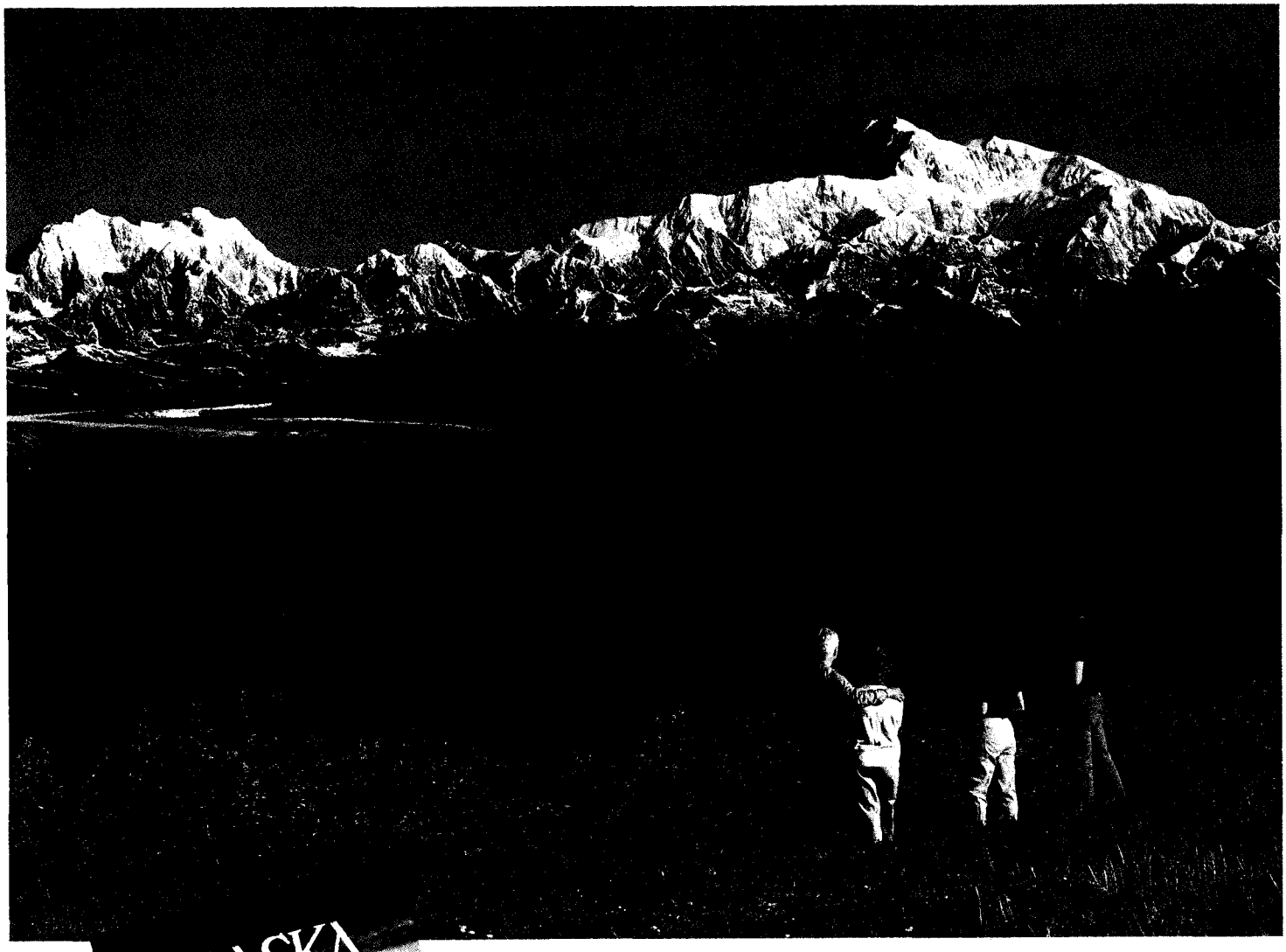

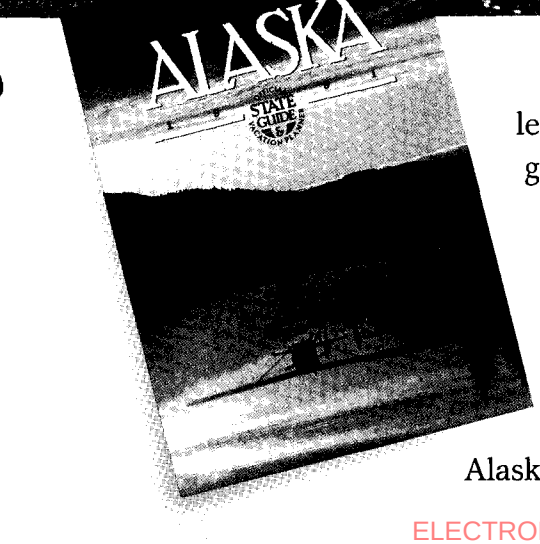

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WARMING UP TO Alaska

Plan to travel three ways—by air, land, and water—just to see the tip of the iceberg.

BY C.J. HADLEY

Alaska is always more than expected, especially considering its people. It is mountains and a million miles of ice in white, black, gray, and blue. It is the Matanuska Valley, home of fast-growing giant vegetables. It is pygmy forests and stunted spruce, giant herds of caribou, domesticated reindeer, plus moose, Dall sheep, wolf, Arctic fox, bear, and ptarmigan. It is a land of few exits, with only three highways crossing the state line to Canada and the Lower 48. And contrary to myth, Alaska has four seasons—June, July, August, and winter.

Perhaps because it is so empty, perhaps because strength and power are needed for survival here, Alaska may be America's most beautiful destination. Native Alaskans understand the realities of the North. They exude stamina and strength; in earlier days male infants were dipped in icy water to introduce them to their tough environment. The native people—including Yupik, Inupiat, Tlingit, Haida, Tsimshian, Athabascan—still practice subsistence hunting and fishing. They share with each other, knowing they need their neighbors. They play together, understanding the need for acceptance. They work together, realizing independence could mean a quick way to die.

• • •

Travelers moving north from Juneau to Fairbanks after sundown on a long summer evening witness the light getting brighter and the sun beginning to un-set. In Fairbanks on June 21, baseball games start at midnight. The World Eskimo-Indian Olympics have been known to run until three in the morning. In the north around Barrow there is ice and no trees. "This is natural refrigeration," quips a walrus-hunting native with a smile. "We call it permafrost."

Several hundred miles south, in Glacier Bay, well below the Arctic Circle, Dall sheep stand on seemingly perpendicular walls. An eagle's nest about seven feet wide perches on a cliff. Puffins bob on the water; cormorants, gulls, and sea lions laze in the fleeting sun on rocky islands. An occasional harbor seal stares wide-eyed at boats. A sea otter shows its belly and then dives deep into the icy water. And once in a while someone sights a porpoise or a killer whale.

The Bay's edges are also home to black bear and wolf. Clouds hang close to the water as they drift down the ancient ice fields that split sometimes violently. Rumbles, then sounds like gunshots, signal the fact that a glacier is calving. A thousand pounds of ice fall into the water, and the fresh new cliff at the glacier's edge is a vivid turquoise.

Some claim that the best way to see interior Alaska is by air—bush plane, floatplane, or helicopter. Flying is also a good way to get to wilderness camps, to start float trips down the rivers, to fly-fish the uninhabited lakes and streams of in-terior Alaska. It is a great way to see Denali National Park and 20,320-foot Mt. McKinley, plus the Aleutian Islands,

Wildflowers flourish in the silt of Cook Inlet, where temperatures are moderated by the Alaska Range.

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Chugach National Forest, and the world's greatest glaciers. It is the only way to get to Barrow, Point Hope, Nome Bethel, Kotzebue, Gambell, Kodiak, and the remote hunting and fishing camps in the Alaskan bush.

But to *really* see Alaska, you must visit at least three times: once by plane, once on land, and at least once by water. The muddy Yukon, nearly 2,000 miles long, is the state's great inland waterway, and by small boat, adventurers often pass more salmon fish wheels than villages. Natives have used kayaks for thousands of years to travel interior Alaska, including the Yukon and the more than 3 million other rivers, lakes, and streams. Now visitors are following their lead. The other major water choice is cruising in luxury along Alaska's coast or through the state's inland passages.

Any way you travel, Alaska has many surprises in store. However, it was aboard a plush luxury liner that I experienced an unexpected encounter with my past.

Cozy bed-and-breakfasts offer Alaskan hospitality and local flavor. This one is in Fairbanks.

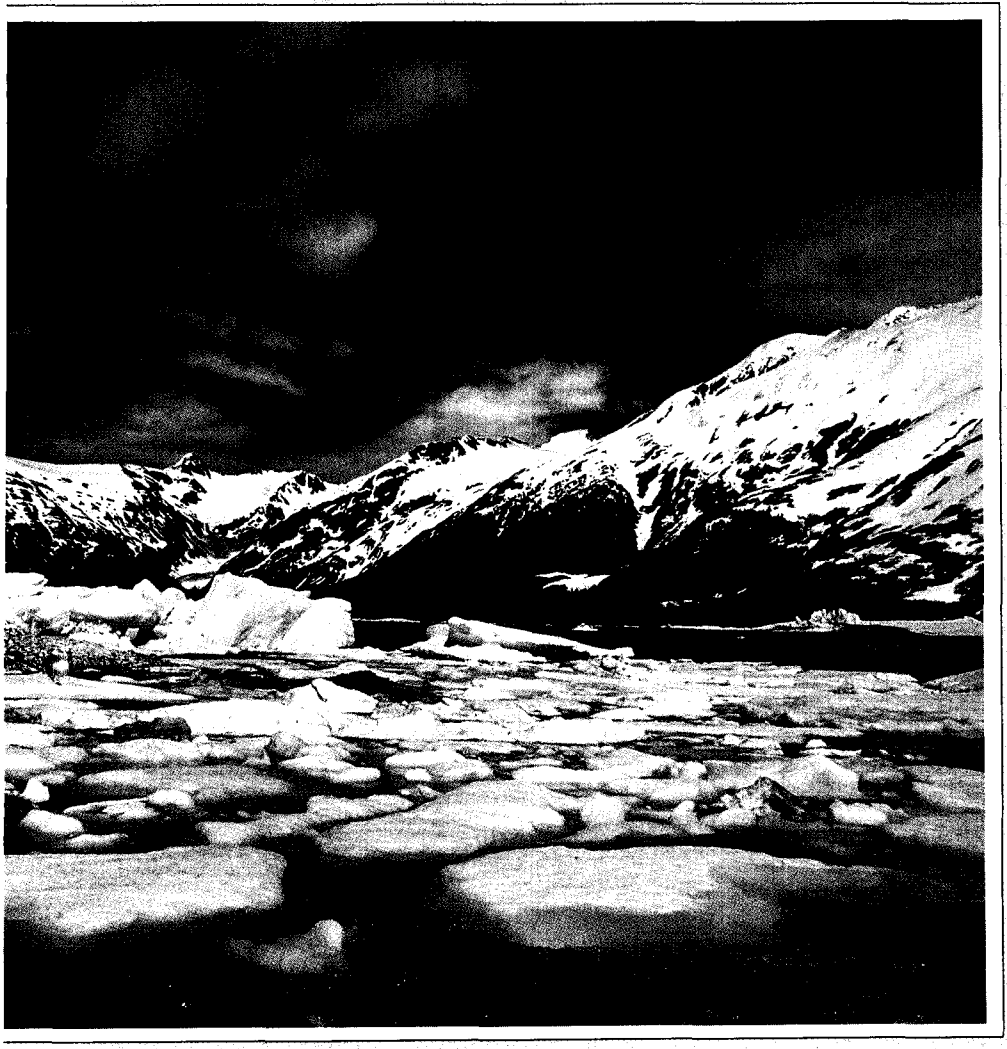
• • •

I emigrated from England in 1958 on the British steamship *Carinthia*. In 1990, I sailed the inland waters of southwest Alaska aboard the Liberian-registered vessel *Fair Princess*, which had an Italian and Portuguese crew. There was no similarity, except for the 25,000-ton size of the ship.

When I left the docks in England in October 1958, Liverpool was gray, drizzling rain, as the *Carinthia* headed across the Irish Sea toward the Atlantic. She was taking a large group of emigrants, most of whom were gratefully traveling steerage, toward the promised land. A Force 10 gale hit the ship as it reached the open water, and all portholes and decks were closed to passengers. Ropes were put along the corridors to help travelers pull themselves toward their destinations. As the Atlantic heaved, we tied ourselves to our bunks in tiny cabins and suffered the violence of nature.

The trip was memorable, perhaps because it was painful. I remember that the bathrooms were communal, a long way down the hall from our hole of a cabin. I remember the movie theater being small, with few people hovering around the six exit doors. I remember the simple food, when I tried to eat the cob of the corn because I'd never seen it before.

The ship seemed old, even though she was barely two, creaking and groaning much like her passengers. Some of the ship's crew were too ill to serve. But it mattered not, because very few emigrants were dining. We heard that she was to be scuttled and shipped to Hong Kong to use for scrap metal. We thought that



Scenic Portage Lake, fed by Portage Glacier, draws sightseers from nearby Anchorage. (Above) Another common sight—bald eagles.

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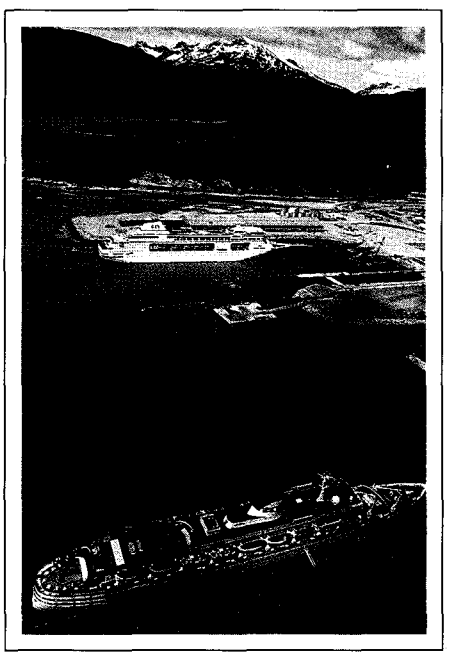
was right. We also believed that once we got on shore, we would never go to sea again.

That trip was a long time ago, and even though I have never liked the water, I took another ship last summer. It was a perfect white cruiser called the *Fair Princess*, sailing from Whittier, Alaska, to Vancouver, British Columbia. The trip was seven



The* Fair Princess *(foreground) and the* Star Princess *dock at Skagway.

days on the inland waters, sailing past Columbia Glacier and College Fjord and around Glacier Bay, and spending several hours at the towns of Skagway, Juneau, and Ketchikan.

For a week the water was calm. For a week the weather was perfect, overcast at times, drizzling occasionally, but easy to take. For seven days a crew half as large as the passenger count pampered and served. For an ideal week my spacious and carpeted cabin, featuring bathroom and porthole with a view, had no resemblance to my trip of yesteryear. For seven days, the food kept coming, from kippers at breakfast, to lunch on the deck, white-gloved waiters serving afternoon tea at four, dinner at eight, pizza anytime, and midnight feasts. An exquisite selection, a perfect Italian captain and crew, on a boat small enough to be friendly, large enough to be interesting.

Each day the crew entertained or educated, with games of Pictionary, bingo, trapshooting, Ping-Pong, shuffleboard, scarf tying, napkin folding, or cha-cha and other exotic dance lessons. Each night there was a different fast-paced show, plus old-style dancing, disco, or gambling in the ship's casino. Through Glacier Bay, a ranger explained its attributes. In town, there were multiple options for tours. Passengers learned about the Russians' time in Alaska, about Seward purchasing the territory for the U.S. government in 1867, about the subsistence lifestyle, arts, crafts, and sport of the natives, and about the obviously rich natural resources.

The surprising thing about those two voyages—as startlingly different as they were—was that the ship was the same. The aching steamship *Carinthia* had not been scuttled in Asia. She had been restored and refitted in Italy in 1972, later bought by Princess Cruise Lines. She began flying the Liberian flag to pamper guests cruising exotic waterways.

When we disembarked in Canada, one woman said, "That cruise is fantastic. It spoils you for life, doesn't it?" She was right. But in spite of my bonus encounter with my past, I realized that my first visit to Alaska was incomplete. I had witnessed the dramatic landscape only as a spectator aboard a vintage ship knifing its way through icy waters. It would take at least two more visits, one by land and another by air, just to see the tip of this awesome iceberg.

Central Alaska

Fairbanks is dark and cold in winter, light and warm in summer, and, perhaps because of this, always friendly. During the summer solstice, you can play golf at three in the morning.

Tip: Float or take a paddle wheeler down the Chena or Nenana rivers. At historic Alaskaland enjoy the salmon bake, the show at the Palace Saloon, and performances of events by champions from the World Eskimo-Indian Olympics. Take home some native crafts. Stay at a bed-and-breakfast on the river's edge, and have lunch with the locals, some of whom are quite eccentric.

Denali National Park

Visit the park information center to learn about a park that's 6 million acres, bigger than the state of Massachusetts. Take a flightseeing trip around Mt. McKinley, which the Athabascan natives call "Denali," meaning "The High One."

Denali is home to caribou, moose, ptarmigan, Dall sheep, wolf, and grizzly. Its landscape is enormous, its rivers are young, and many of its plants are miniature because of their struggle for survival. Go on a nature walk. Take a tundra tour—and take plenty of film and a long lens for the wildlife and wilderness. Raft the whitewater of the Nenana. Relax on the deck of a parkside lodge. Then take a train to Anchorage through some of the most fabulous scenery in the world. Partake of the sumptuous meals prepared on board. Be spoiled for seven hours.

Anchorage, Cook Inlet, Kenai, and More

Take advantage of Alaska's biggest city. Then take a bus along Cook Inlet, named by Captain James Cook in 1778. Go to Turnagain Arm and exquisite Portage Glacier. Watch for

Mount McKinley dominates the rugged terrain of Denali National Park.

the small white Beluga whales, and fishermen netting hooligans at the inlet's edge. Check out the bald eagles sitting in treetops or fishing the bay. Go bird-watching at Potter Marsh.

Drive down the Kenai Peninsula, where the world's record 97 1/4-pound salmon was caught. Hunt for halibut, which can weigh even more. Take a flightseeing trip over the fabulous Chugach National Forest, nearly six million acres, one-third covered with ice. Be dropped off at a secluded

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cabin, or guest lodge, with hip boots, license, and fishing gear.

Juneau

Don't miss the Mendenhall Glacier, a 12-mile-long ice field hundreds of feet thick and moving forward two feet per day. For a jaw-slackening thrill, take a helicopter that will land on the glacier's face, and walk the turquoise of this prehistoric ice. Visit the Alaska State Museum or the fish hatchery. Count the many bald eagles fishing in the Gastineau Channel. Don't miss the Red Dog Saloon and the fabulous tourist shops downtown.

Glacier Bay

Stay at Gustavus, at the Gustavus Inn or at a small B&B near the park. The Inn is country comfort, grass all around, and flowers on the porch.

Spend a night or two at the Glacier Bay National Park headquarters, and walk the trails of the Bartlett Cove rain forest with or without a ranger. (In northern Alaska, rainfall averages 4 inches a year. In southern Alaska, almost 200.) Bird-watch. Take a boat into Glacier Bay and see a waterway teaming with killer whales, harbor seals, Steller sea lions, puffins, gulls, dolphins, sea otters, and porpoise.

Skagway

Enjoy yesterday in a revitalized Skagway, where much of the town is part of a national historic park. Imagine the gold rush of 1898 when 20,000 prospectors passed through town to trek 600 miles to the finds on the Klondike in Canada's Yukon Territory. Take the scenic White Pass and Yukon Route Railroad past Bridal Veil Falls and Dead Horse Gulch, following the footsteps of the stampeders over the Trail of '98. Take a horse-driven buggy around town.

Further Outback

If you have the time and the money, hire a pilot with a small bush plane and visit the tundra of northern Alaska. Take a bus to the North Slope out of Fairbanks, and visit Prudhoe Bay. Fly in to Barrow, Point Hope, Nome, Kotzebue, Bethel, Kodiak, or Gambell (the American town closest to the U.S.S.R.). Try eating muktuk, an Eskimo favorite, whale blubber. Learn about the walrus hunt. Look for polar bear. Camp on the Yukon River, fish the Aleutian Islands, or take the ultimate vacation, an Alaskan cruise.

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Kid Brother

continued from page 71

me to go down the steps first, ahead of him.

The Knights grabbed me in the lobby. They slapped my back, and Indian Gantman rubbed my hair. Zami Garlick rolled up his sleeve and asked me to tattoo his arm, and then Phil Leeds was standing in front of me.

He said, "We showed 'em, didn't we, Ken? They know who the Knights are, don't they?"

And I didn't say anything.

Phil Leeds had his knuckles against his hips, and he said, "That one of the halfback carrying the ball, that's the one I want. Right in my room. I'll hang it in my room," and he reached out for the tube, but I stepped away.

I saw Bobby standing alone on the edge of the circle of Knights. He was standing and watching me, and I walked over to him. I shoved the tube under his arm, and I turned to Phil.

"You'll have to ask my manager," I told Phil. "These are Bobby's, and he's the boss of the drawings," I said, and I took his hand in mine. "Aren't you, Bob?" I asked.

He didn't say anything. He just watched me, smiling and holding my hand tight.

Lawyer

continued from page 17

able to put you at ease without putting you in a coma.

Beware of attorneys who agree with everything you say. You want a lawyer who will tell you the truth from day one, even argue with you, not one who nods understandingly while the meter is running overtime.

Even though you may need consolation, watch out for the attorney who encourages you to pour out your soul every time you meet. His mission is usually mercenary.

• *Trust your wallet.* When people need a lawyer it is usually because they feel economically threatened. Do not compound the problem by hiring a thief. Lawyers are in business to make money. Make them earn it.

Any attorney who is not willing to draw up a budget for your case may be setting you up for the kill at billing time. The same is true of attorneys who advertise low-cost wills and divorces and try to sell you other legal services the minute you walk in the door.

• *Trust the record.* The law is based on precedents—past cases and opinions that tell the courts what to do. Before you hire a lawyer, apply the same principle. The best way to know what kind of attorney you're dealing with is to know what he's been doing lately.

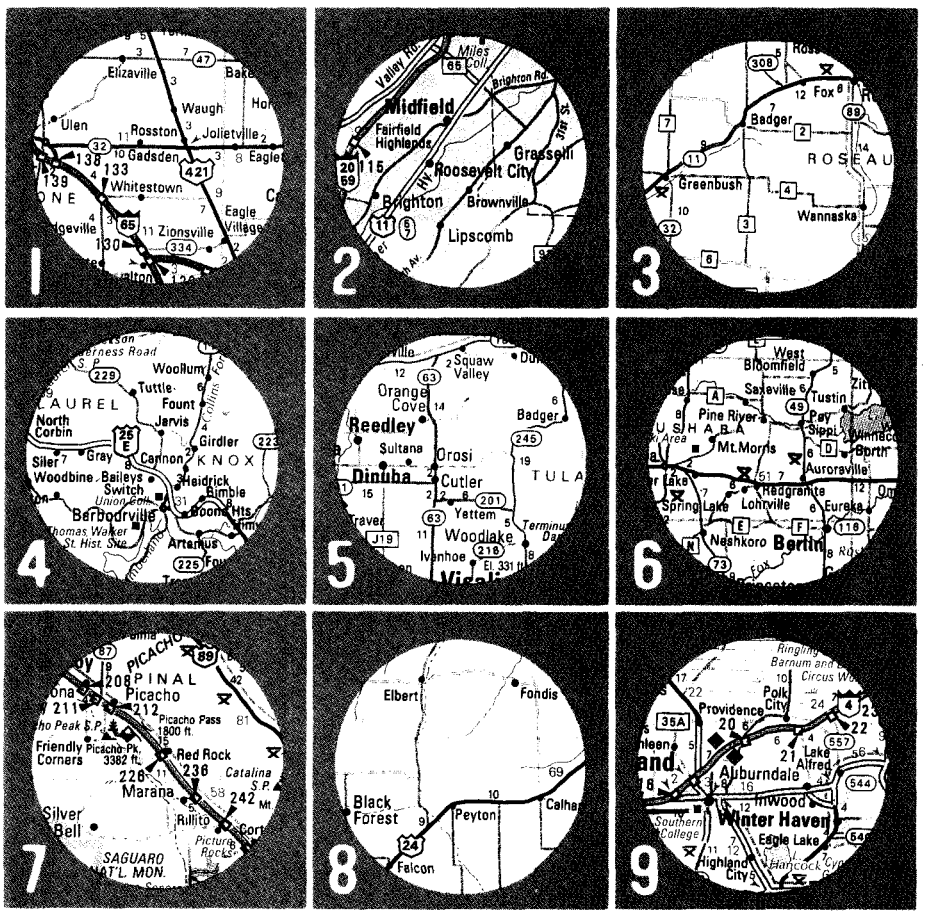
Ask him for information about past cases, clients, and lawyers he has argued against in court. If he fails to comply, consider him history.

Cruise

continued from page 61

the doorways without having them greased, I decided from here on we would take our sparse lunch out on deck and eat beside the pool. (Pool, they call it. My dog Brutus could drink it dry in two days and fill it up again two hours later.) But as luck would have it, the only deck chairs unoccupied happened to be within aroma range of two grills barbecuing chicken and ribs. My wife said she had never heard of anyone eating barbecued ribs for dessert. I said I'd just as soon no one else heard about it. But now that she has told everyone she knows, I might as well tell you: I ate barbecued ribs for dessert.

My one lucky break on the cruise had nothing to do with calories. With all four of the ship's engines coming down with a bad case of dieselitis (as opposed to gastritis), their 26,000 horsepower was cut to pony effort. This stroke of good fortune brought us to the two ports of Cartagena and Oranjestad (on the Dutch island of Aruba) too late for dear wife to engage in one of her normal T-shirt



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend finds the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 87)

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shopping orgies. She had to settle for a carved coconut head, which now graces our attic.

From Aruba back to Jamaica the sea was rough. And I'm talking about whitecaps on the swimming pool. Dear wife, who has been known to become woozy in a rocking chair, handled her distress by going to First Aid for a shot and a handful of pills. When I saw the bill—25 bucks—I got sick. But I would settle my own discomfort with a cup of tea. No calories in tea, right? And it was *free*.

What I didn't know—honestly—until I had worked up too far to step out of line gracefully, was that before arriving at the tea-dispensing station you had to shuffle past this long table groaning under scones, pones, brownies, cookies, a mother layer cake surrounded by a litter of cupcakes, and you name it, it was there.

I know what you're thinking (you're just like my wife): *Graceless or not, you could still have gone directly to the tea urn.* No, not a man of my compassion. Not with the creators of these caloric temptations watching to see who would have the guts to refuse their offerings. Some patrons were showing their compassion by filling two plates. How tacky can you be? I chose the more refined strategy of going through the line twice.

Because we arrived in Jamaica late, instead of taking a direct flight to Atlanta, we had to go via Kingston, Miami, *then* Atlanta, and finally Indianapolis. And I must compliment the airline for serving on each hop nothing but 23 or so honey-roasted peanuts encased in the standard steel pouch that can't be opened short of a crowbar. How dear wife managed to open hers, I can't say. She could have had a crowbar in that portable labyrinth she calls a purse—heaven knows she has everything else.

As for where the needle went when I stepped nude on the old bathroom scales the next morning, it's none of your business. Let's just say that if my ring and wrist watch weigh a total of ten pounds, I didn't gain an ounce.

Where do you think you are?

(answers from page 86)

(Theme: colors)

1. Whitestown, Ind.
2. Brownville, Ala.
3. Greenbush, Minn.
4. Gray, Ken.
5. Orange Cove, Calif.
6. Redgranite, Wis.
7. Silver Bell, Ariz.
8. Black Forest, Colo.
9. Auburndale, Fla.

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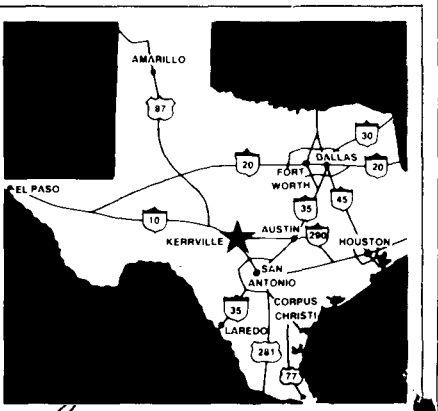

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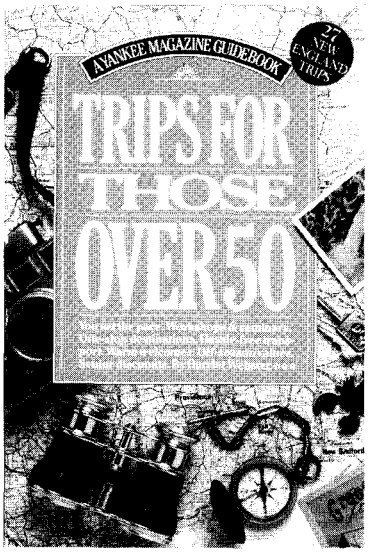

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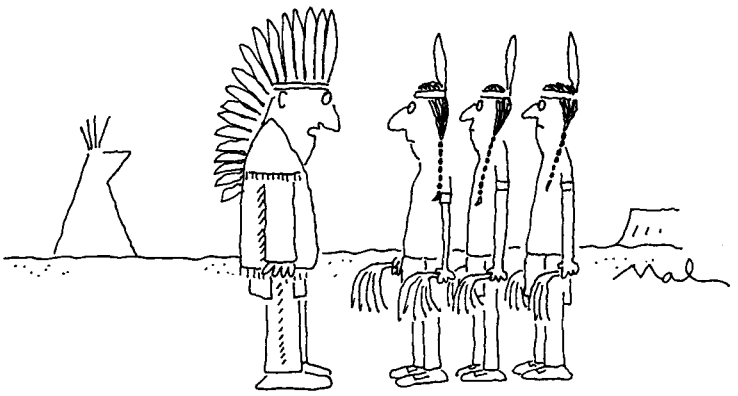

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A WALK THROUGH AMERICA'S GARDEN

With pollution threatening the environment, the director of our 444-acre U.S. National Arboretum is sounding the battle cry: "Tough plants for tough times."

by Diane Bartley

Photos by Erik A. Neumann

Robert Burgers

The United States National Arboretum's director, Dr. H. Marc Cathey.

The smiling middle-aged man, chatting away about his home garden and his new pink iris named Beverly Sills, hardly looks like a guerrilla leader. Yet Dr. H. Marc Cathey, the director of the United States National Arboretum, is a rebel in the world of gardening—a man ready and willing to wage war against convention and the meticulously manicured and tended lawns of so many American homes.

In Cathey's idealized New American Garden, pesticides and excessive fertilizers have no place: plants will be selected for their natural resistance to insects and disease and for the seasonal display. Sprinkling systems will be abandoned; the sturdy stock will be quite capable of surviving on available rainwater. And though the plants will be just as colorful and intriguing as their carefully tended predecessors, they'll require no staking, minimal pruning, and little, if any, fuss.

"Tough plants for tough times." That's Cathey's battle cry, as he urges gardeners to act "with professional standards and conduct." When water is in short supply, he says, "it is unethical to plant water-guzzling species." With pollution threatening the environment, he adds, "we must choose plants without chemical dependencies."

"We must stop abusing our planet," says Cathey, co-author of *The National Arboretum Book of Outstanding Garden Plants*, a 320-page guide to some of those tough plants. "We gardeners must be true activists."

And what better place to practice such tactics than America's own garden, the 444-acre National Aboretum? Although the Aboretum is a serenely peaceful spot in the nation's capital, visitors sometimes mistakenly think of it as a static site, a museum of rooted relics. Yet beyond the bucolic setting

The National Herb Garden (above) contains some 7,000 plants and a 16th-century knot garden.

The ever-changing New American Garden (right) is planted with bulbs, ornamental grasses, and perennials for year-round color.

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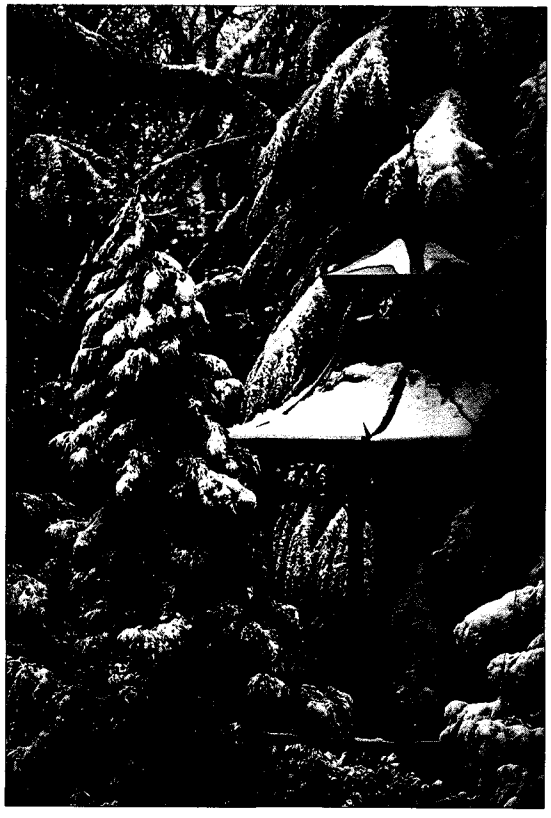
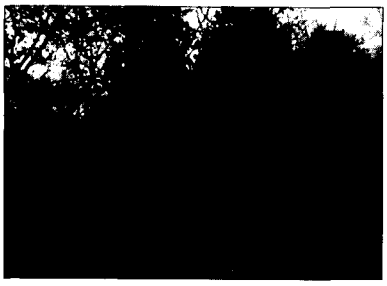
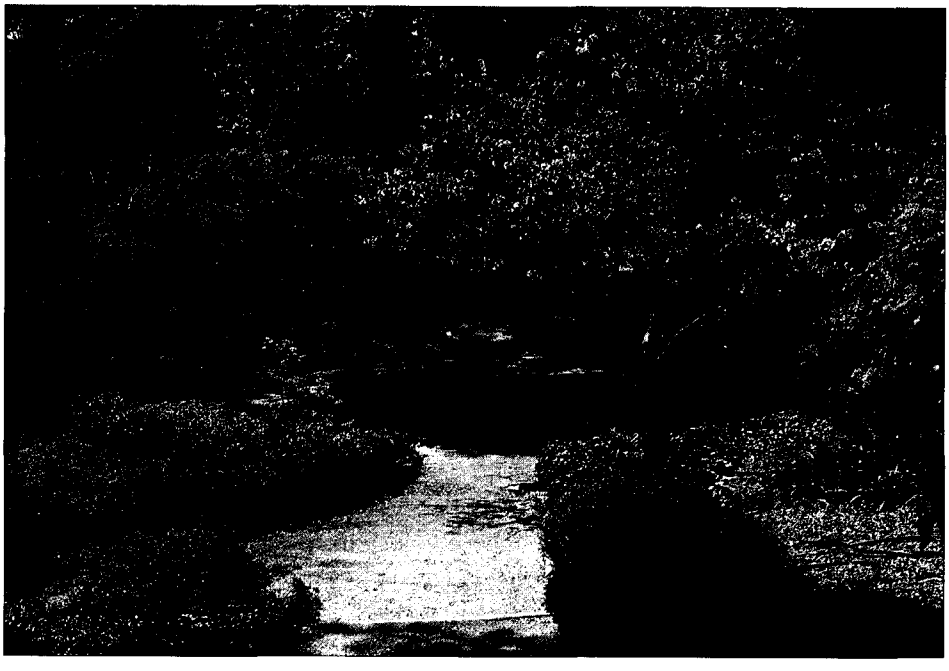


The Historic Rose Garden (far left) reaches peak bloom in June. (Left) A winter scene of the Garden Club of America Gazebo among the cedars in the Asian Collection.



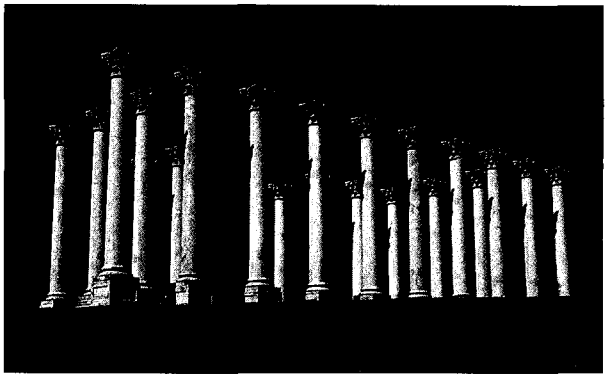
Sparkleberry holly (above), a species introduced by the National Arboretum, bears bright orange berries in fall and winter.

The Arboretum's 25-acre "Asian Valley" (below) is equally divided between Chinese and Japanese plantings.



Rose species in the old rose garden (left) date from the early 1400s.

The 22 Corinthian columns that once graced the U.S. Capitol building are the Arboretum's newest attraction (right).



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atop the District of Columbia's Mount Hamilton, this federally funded institution—with a $5 million annual budget—is moving into the 21st century with behind-the-scenes research and plant explorations that could change the face of American gardening.

Just last month, Cathey went to China and set the foundation for future plant explorations in that country. Scientists hope to bring back plant samples that can withstand tougher climatic conditions; because much of the Far East has a climate very much like our own, China could be an excellent source of new plants. Consider, Cathey says, the Orient's past riches: "Magnolias, azaleas, the iris—they're all of Asian origin, all Asian imports." He grins. "The Toyota was a late bloomer."

A typical tourist will drive right past the greenhouses (not open to the public) and test plots that line the Arboretum's ten miles of winding roads. But tucked away in nearly every corner are research projects. In the 63 years since the Arboretum was established by congressional act, it has introduced more than 150 new landscape plant varieties; 30 more are expected in the next three years.

Among the contributions thus far: the showy Bradford pear, developed from seed collected in China in 1917; the Mohave pyracantha, disease resistant and one of the most widely grown new shrubs in the world since its introduction in 1973; and 17 new hybrids of the crape myrtle, resistant to powdery mildew, tolerant of subfreezing temperatures, and characterized by cinnamon-colored bark.

One of the most exciting successes, however, came this year, when the Arboretum released its new American elm, completely resistant to the deadly Dutch elm disease that has killed nearly 75 million trees since the 1940s.

When the Arboretum releases a new plant, commercial nurseries are offered cuttings free of charge. It is then up to the nurseries to propagate the plants and make them available to the public.

But amidst all this science, Cathey cautions, we shouldn't forget the real appeal of gardening, nor the 60,000 reasons—all neatly labeled—for visiting the public gardens of the National Arboretum.

A first visit to the Arboretum can be overwhelming, with so much to see and so many different areas to explore. One good way to get your bearings is to follow the suggested tour offered by Erik A. Neumann, the Arboretum's education director, in his detailed guide to the grounds. Neumann is a walking encyclopedia of botanical lore, and as he points out the seasons' changing landscapes, you realize every visit to the Arboretum can—and will—be different.

On a cool fall day, the blaze of fall foliage is the perfect backdrop for exploring the 2½-acre National Herb Garden, a gift of the Herb Society of America, dedicated in 1980 as the largest designed herb garden in the world. There you'll find a classically designed knot garden and the Historic Rose Garden (abloom in June and early July). You'll also find a series of ten specialty gardens, including Dioscorides' Garden with samples of ancient plants described by the Greek botanist and physician in 60 A.D.; the Dye Garden, with such plants as goldenrod and weld (which yield yellow dye), indigo (blue), and madder (red), once used for coloring wool and other

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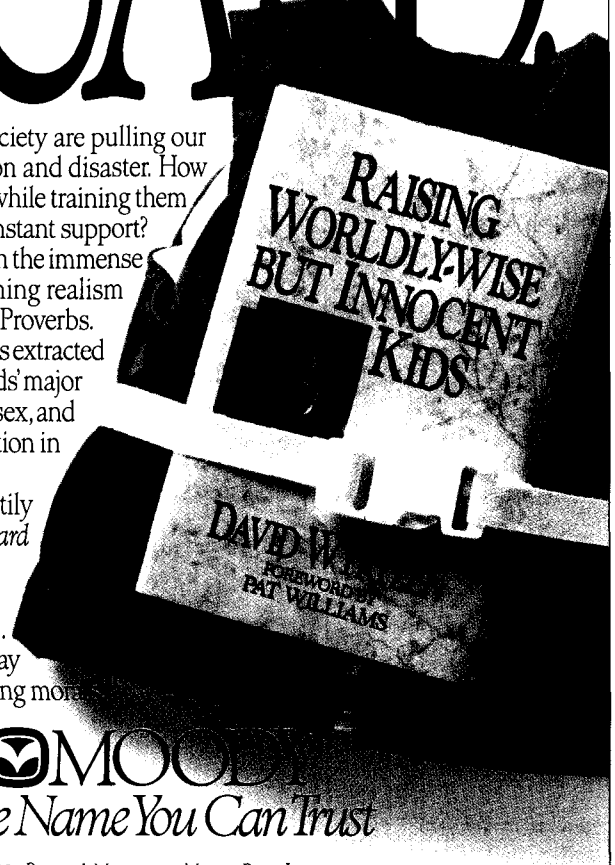

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fabrics; and the Fragrance Garden, with lavender, mint, rosemary, lemon balm, clary, and a bevy of scented geraniums.

Just beyond the Herb Garden, you'll see one of the newest additions to the Arboretum, the 22 sandstone Corinthian columns that once graced the east portico of the U.S. Capitol. Removed in 1958 for an expansion of the Capitol, the columns languished in mud and weeds until they were salvaged and brought to the Arboretum, displayed in a design created by the late Russell Page, a noted British landscape artist. Old marble steps taken from the Senate wing of the Capitol also were located and used as paving between the columns, and a reflecting pool at the base mirrors the display, dedicated in June.

Although starkly surreal in the midst of a grassy American meadow, the columns are being proposed as a grand setting for special Arboretum events. In the meantime, the quiet location is an inspiring spot for reading or meditation.

Also new to the Arboretum: the North American Bonsai Pavilion, housing 80 of the carefully groomed miniature trees. Scheduled to open this month, the American pavilion will join the garden's current collection of Japanese bonsai and Chinese penjing in what will become the Arboretum Bonsai Complex.

Penjing, from the Chinese mainland dating from the first century, are dwarfed in small pots like bonsai but the penjing container often depicts an elaborate miniature scene complete with small porcelain figures.

Nearly every Arboretum visitor claims a favorite nook, whether it's a quiet pathway in shady Fern Valley, a secluded overlook of the Anacostia River in Asian Valley, or a hideaway among the 1,500 firs, cedars, spruce, pines, and yews in the Gotelli Collection of Dwarf and Slow-Growing Conifers.

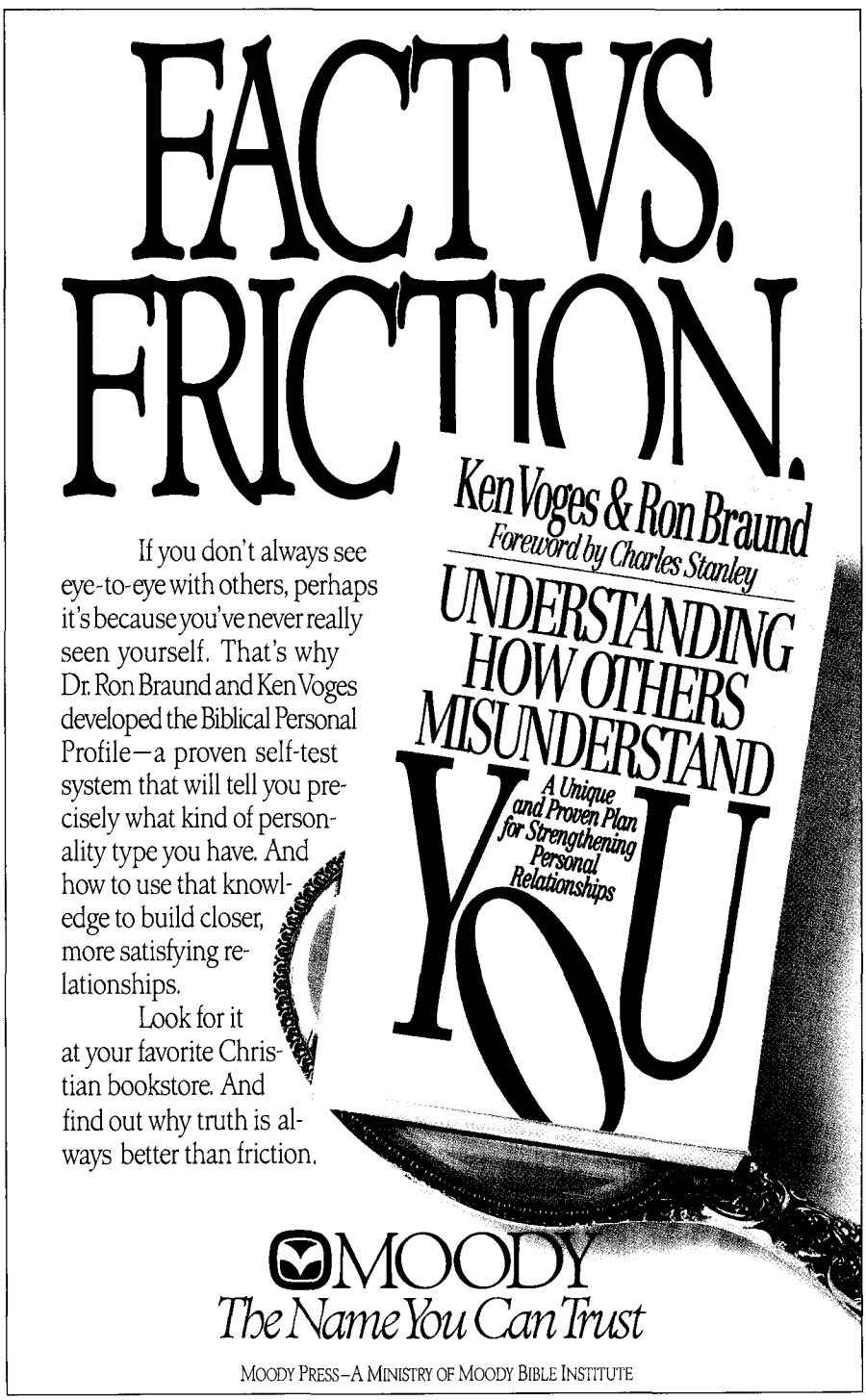
One spot not to be missed, however, is the view of the U.S. Capitol from Mount Hamilton's summit. There, the Arboretum has given mother nature a hand and cleared a million-dollar view. Like the rest of the Arboretum, it is open, free of charge, every day of the year except Christmas.

"Gardening is the No. 1 hobby in America," Cathey says. "It's because all your tactile senses are provoked. We'll have six new 'attractions' here in the next two years—as they would say at Disney World—but our attractions aren't plastic and bright lights. They smell and shake and rattle and roll and grow better and more beautiful each year."

And they become a part of you—their color, their touch, their scent. Plants, Cathey says with a shy, sentimental smile, can unlock memories nearly forgotten.

Forgotten, that is, until you sniff a wet boxwood on a drizzly and gray October day.

The work of the Arboretum is supported by the Friends of the National Arboretum (FONA), an independent private organization of interested citizens, headed by co-executive directors Gay Barclay and Nancy Ireland. Members receive bimonthly newsletters, reduced rates on special courses and programs, and invitations to members-only events; annual memberships begin at $35. To become a member, or to receive more information, contact the Friends of the U.S. National Arboretum, 3501 New York Ave., NE, Washington, DC 20002.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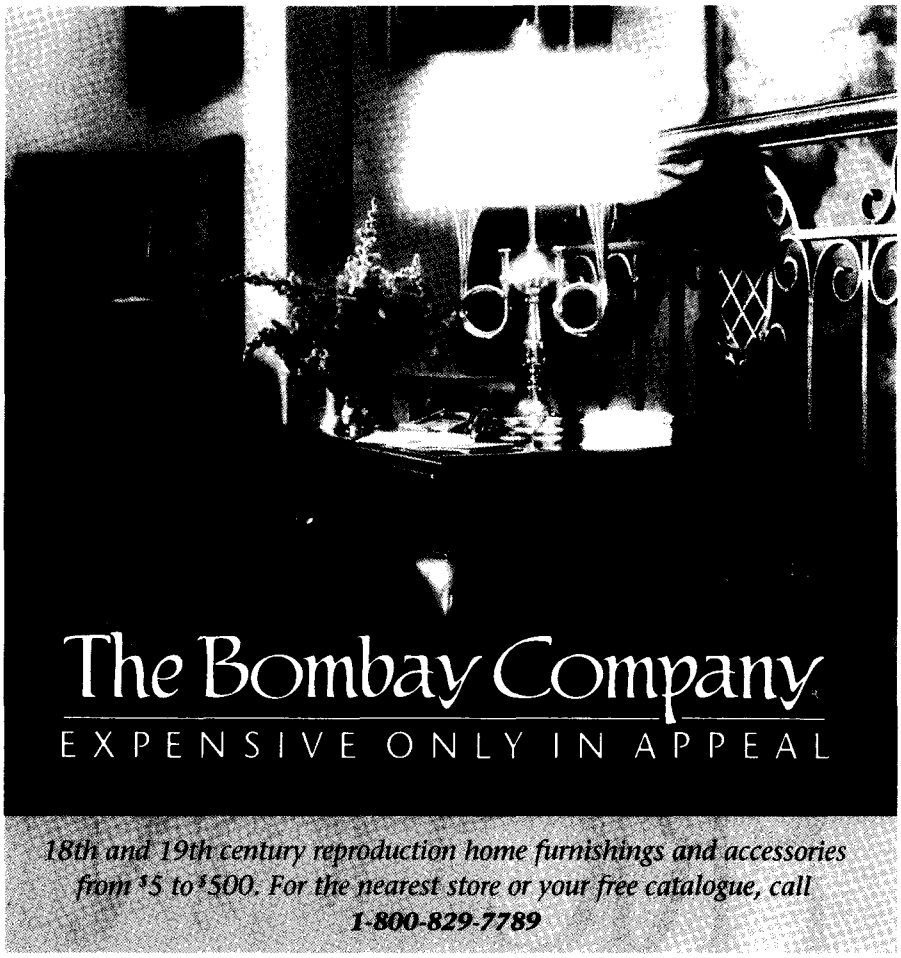
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Presbyterians

continued from page 65

told more than 3,000 people at the General Assembly last June.

"We can energize our witness, we can magnify the Christ we profess, we can become a 5 million-communicant denomination by the year 2000. But it won't just happen. You gotta pray for it. You gotta commit to it. You gotta work at it."

Gwynn struck a nerve. His election as moderator on the second ballot surprised even veteran General Assembly observers. It offered encouragement to lay people who had begun to feel alienated from the national church; confused by its priorities, at times; uncertain of how to make their feelings heard as the church strives for inclusivity, yet struggles over such volatile issues as abortion rights and the ordination of homosexuals.

It surprised the winner too.

"I'm astonished," Gwynn said after the vote results were announced. "Nothing prepared me for this."

On the contrary, in fact, it might be said that Gwynn had been carefully prepared all his life. The son and grandson of Presbyterian ministers, he excelled in college, rose through the enlisted ranks to be an army captain in World War II, and worked his way from sales trainee to president of an international packaging firm. Along the way, he devoted years of service to his wife, their three sons, and a historic Presbyterian congregation.

"One of Price's advantages is being out of the denomination's bureaucracy," said the Rev. Lewis Bledsoe, Gwynn's pastor. "And he is so able. I think people are going to be surprised at the way he can articulate what we are as a church and what we need to be."

What will it take to succeed as moderator of a church at work around the world? It will take the same kind of energy, patience, and resourcefulness that Price Gwynn practiced in his rise to the top of the business world.

"I actually felt called into business," Gwynn says. "I felt that's where my talents were; that's where my contribution could be."

Gwynn's first job turned into a 33-year career at Package Products, Inc. After starting as a sales trainee, he specialized in sales and marketing and subsequently became the marketing director, then the executive vice president. Finally, he became chief executive officer.

A church elder and Sunday school teacher as well as successful businessman, he became intrigued with the often maligned relationship between profit and the public good.

"The priority task of the businessman who wants to contribute to the public welfare is to make a profit," he said. "If he fails, then society won't have the means to abolish poverty, provide opportunity for all, develop alternate energy sources, protect our environment, save our cities.

"The gut-tearer—the ethical dilemma—is how to be in the world, but not of it; how to be called and committed to a secular vocation, but attentive to a higher loyalty; how to march with the crowd in empathic relationship but in step to the beat of a different drummer. It can't be done, except by grace."

Not everything has gone smoothly in Gwynn's business career, however.

At age 57, his rise to the top at Package Products took an unexpected turn. Sure that he was being groomed to take over for the retiring chairman of the board, Gwynn was called into a meeting of company executives. Without warning, he was told to clean out his desk. Another employee had been chosen for the position.

"After I got fired, I felt like I'd been kicked in the belly," Gwynn said. "I spent nine months thinking about things, looking for other work. I considered consulting or editing an industry newsletter, but I see myself as a hands-on manager. I'm no good at telling someone else what to do and walking away from it. So," he continued, "I decided, 'Shoot. I want another corporate structure.' "

Executives at the Charlotte-based Lance, Inc., a leading manufacturer of snack crackers, were quick to snap him up. There he undertook an industry first: a reformulation of all Lance products to remove animal fats and such saturated fats as palm oil and coconut oil. Tinkering with tried-and-true formulas to reduce cholesterol content was both controversial and complicated. A market research poll had showed that up to 25 percent of

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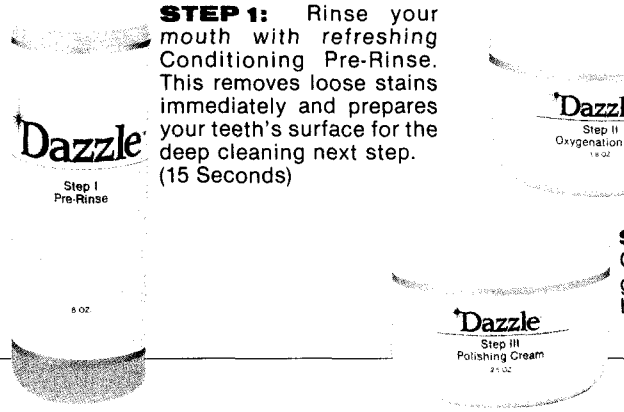

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consumers questioned were concerned about fat in their diets. To please these people, Lance had to cut the cholesterol content of its product without—it was stressed—altering taste, crispness, color, shelf life, etc. "Finally," Gwynn said, "after three years of testing, we arrived at a complex combination of substitutions that worked." The question remains: Will the man who cut the fat in Lance snacks now have the courage to put whole-wheat bread on the sacred communion trays?

A mountain hiker who runs four miles a day, six days a week, Gwynn was a month away from retirement at Lance when his pastor suggested that he run for the moderator's job last December. He couldn't resist the challenge.

"I told Lewis he had to be crazy to suggest it," Gwynn said. "But when the Presbytery of Charlotte endorsed my candidacy, I agreed to study four hours a day as my contribution to being serious about it. I felt like I was entering a horse race when I was three laps behind."

Every day for six months, Gwynn pored over church documents, studied special interest groups, reviewed mission budgets, and delved into controversial issues. He gained ground steadily, his determination reminding friends of his month-long hike through the Himalayas at age 54. His preparation paid off in Salt Lake City, where commissioners to the General Assembly were clearly impressed with his straightforward responses.

The moderator receives no salary, and the position is in many ways symbolic. But Presbyterian groups across the country are clamoring for Gwynn's presence at milestone events. Last year's moderator, the Rev. Joan Salmon-Campbell of Philadelphia, traveled about 300 days of the year and added Cuba, Italy, Switzerland, Kenya, and Ethiopia to an exhausting string of U.S. stops.

Gwynn, who has asked for help with his ongoing duties as board chairman of Charlotte's 710-bed Presbyterian Hospital, expects to set a slightly slower pace. He keeps tabs on the hundreds of invitations that filter through the denomination's Kentucky headquarters with the new telephone and fax machine installed in the spacious basement office of his southeast Charlotte home.

His early commitments ranged from addressing the international Peacemaking 2000 conference in Washington to preaching at the Bloys Camp Meeting and Cowboy Roundup in Fort Davis, Texas.

"I would love to be a catalyst in finding ways we can disagree and still work together toward common goals," Gwynn says. "We're not there yet, either as persons or as an institution, but people want it to work and that means it will."

And Presbyterians were at the 202nd General Assembly just waiting to select a successful family man and business executive with strong Presbyterian roots and grave concerns for the church where the church really is, and where it has always been—with the Presbyterian in the pew.

You be the Judge

by Bruce M. Jones

The one thing straight-laced Mr. Green disliked most was dancing—the devil's own pastime, he called it. So when his two young daughters announced that their physical education class at school consisted of folk dancing, he forbade them to participate. As a result, they were expelled from school.

Mr. Green, mastering his righteous wrath, went to the school authorities and suggested in a spirit of compromise that they form two physical education classes, one for dancers and one for nondancers. "Nothing doing," was the response. "We're not going to form a special class just for your two children."

Sadly, Mr. Green then went to court. "Dancing is against my principles," he testified. "The school has no right to expel my children for something that I'm conscientiously opposed to having them do. After all, I have a say-so in their education and discipline."

"The state law requires physical education, and that includes dancing and exercise," school officials came back. "The way we conduct dancing, not even Mr. Green should regard it as sinful. The folk dances we teach are nothing but healthful fun."

If you were the judge, would you make Mr. Green's daughters take dancing?

Green won. The court said the school's position—take dancing or be expelled—was a violation of personal rights in cases in which the parents were conscientiously opposed to dancing. It told the school to provide some other form of exercise for the children of such conscientious objectors.

Based upon a 1921 California decision.

Presbyterians in America

The Presbyterian Church has been a historically powerful force in American life. Presbyterians were so involved in the American Revolution that the King of England was said to have called it "a Presbyterian revolution."

It was a young Scot Presbyterian, Francis Makemie, who worked to bring together the various scattered Presbyterian churches that were developing in the New World. The early church in 1775 issued a pastoral letter urging unity among the colonists and urging them to fight for freedom if necessary.

The Rev. John Witherspoon, the only clergyman to sign the Declaration of Independence, was Presbyterian. He also taught many of the main framers of the Constitution at the College of New Jersey, now Princeton University.

Presbyterians have been involved in politics for many years, and eight U.S. presidents have belonged to, or been identified with, a Presbyterian church. Currently, 53 members of Congress are

continued on page 108

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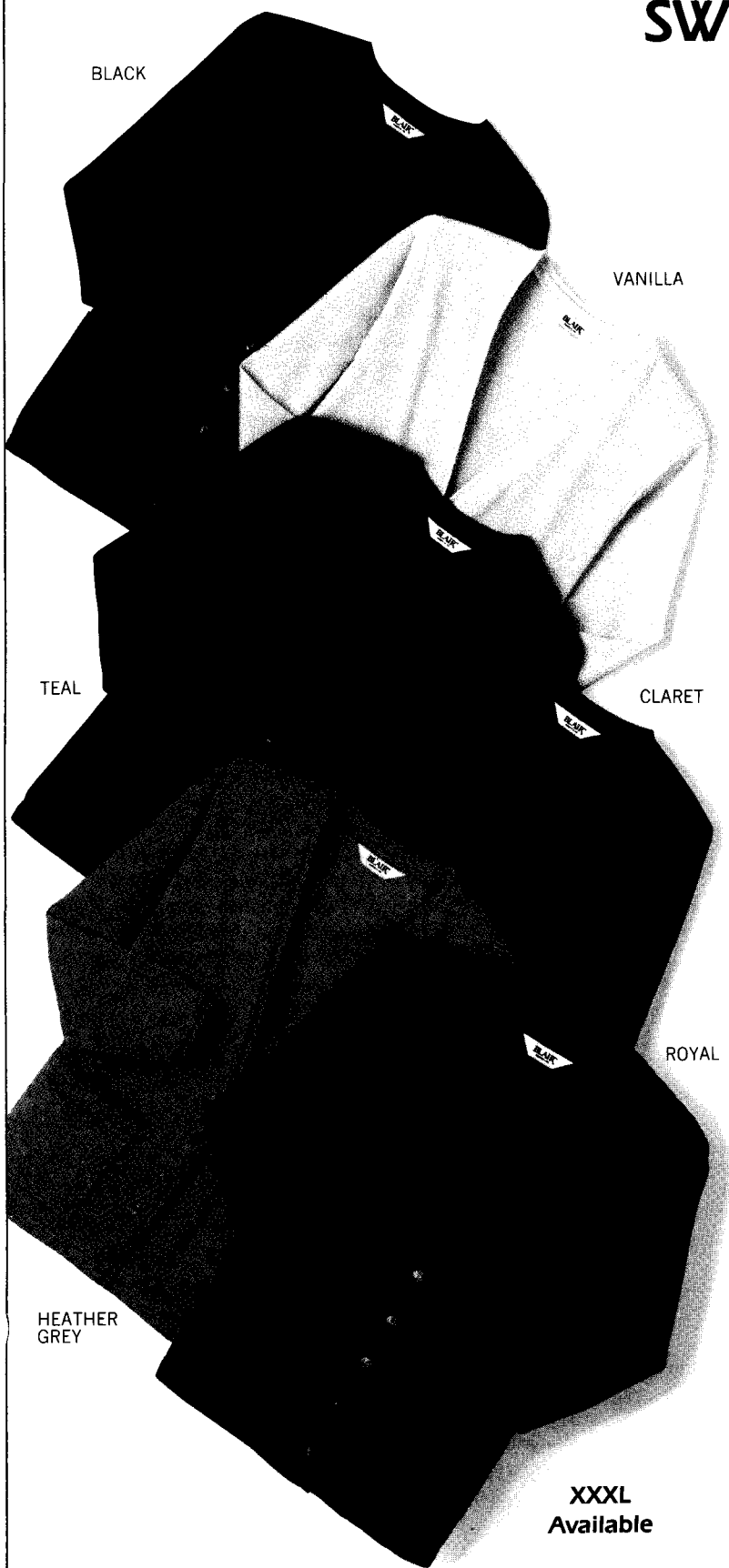

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MEDICAL MAILBOX

by Cory SerVaas M.D.

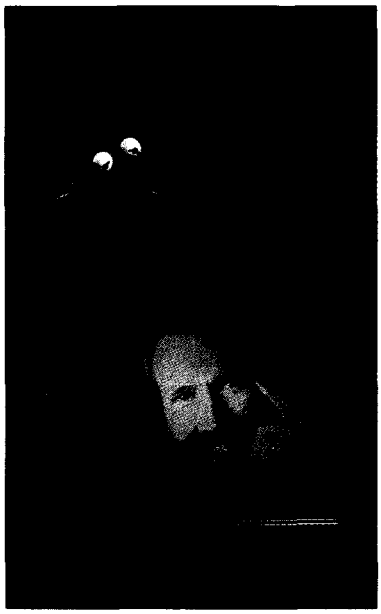
"Use strengthens, disuse debilitates."—*Hippocrates*

Jim Henson Felled by Strep

The world lost a great friend and talent with the passing on of Muppeteer Jim Henson. He was felled by a bacterial infection caused by a Group A streptococcus, commonly known as strep.

Strep is the root of many common sore throats. It can cause pneumonia, meningitis, and even death from sepsis. Historically, it caused outbreaks of scarlet fever and rheumatic fever in the days before penicillin. In fact, there has recently been a resurgence of a particularly virulent form of rheumatic fever caused by strep in parts of the United States, as well as the rare form of pneumonia that killed Jim Henson.

Unlike strep infections of the past, which were commonly marked initially by sore throats, infections today are just as likely to begin as scratches or abrasions. If a strep test is positive, penicillin or a substitute antibiotic will be prescribed to cure the infection. Physicians are now especially alert to cases of rheumatic fever because of the chance it will develop into full-blown septic or "toxic" shock.



Alas, Kermit didn't know that a light thready pulse, clammy hands, shallow breathing, and dizziness could mean impending death from septic shock.

Everyone should be aware of the symptoms of shock. For example, Jim Henson had a light thready pulse, clammy hands, and shallow breathing, and he had complained of dizziness. These symptoms occur because not enough oxygen is reaching the heart and brain. The blood vessels in the peripheral parts of the body relax, allowing blood to pool in the legs and arms rather than being pumped to vital organs.

Jim Henson went past the point of no return. Antibiotics could have killed the bacteria, but the condition had gone too far to reverse. There wasn't enough time left—this is why the doctor said if Henson had come in six to eight hours earlier they could have saved him.

"Looks like you forgot to stretch."

Glutamate Association Defense

Dear Dr. SerVaas:

The "Medical Mailbox" in the April '90 issue of the *SatEvePost* mentioned concern about the use of monosodium glutamate (MSG). We would like to provide your readers with the following information concerning the safety of this popular flavor enhancer.

MSG has a history of more than 80 years of safe human use. It is one of the most thoroughly tested of all food ingredients with more than 600 studies confirming its safety and use. MSG's safety has been affirmed by regulatory and scientific agencies around the world. The World Health Organization's Joint Expert Committee on Food Additives (JECFA) recently issued a report on MSG. Following a comprehensive review of the scientific evidence, JECFA placed MSG in its safest category by removing the numerical limits on MSG's acceptable daily intake (ADI). In addition, the U.S. Food and Drug Administration has included the MSG in its list of substances known as "generally recognized as safe" (GRAS), right alongside sugar and vitamin C.

MSG is relatively low in sodium, containing only 12.3 percent compared to common table salt (sodium chloride), which is approximately 40 percent sodium. Considering all sources of dietary sodium (natural sodium content of food, use of table salt, sodium-containing ingredients added to processed foods, drinking water, many pharmaceuticals), MSG adds approximately one percent of the sodium in the average American diet—a rather minor contribution.

The Glutamate Association is an organization of manufacturers, national marketers, and processed food users of glumatic acid and its salts, including monosodium glutamate.

John D. Buchholz, Research Associate
The Glutamate Association
Atlanta, Georgia

Although it is true that most people can tolerate MSG without any unwanted side effects, a few will experience

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some symptoms, from a slight flushing to a weakening pulse to fainting spells commonly referred to as "Chinese Restaurant Syndrome." Only a small percentage of the population is hypersensitive to MSG and must avoid it altogether.

These persons can avoid ingesting it by asking before ordering at restaurants and by checking food labels. It is very important to note that the FDA allows the inclusion of MSG to fall under the category of *natural flavoring* or as a component of *hydrolyzed protein*, so it may be present but not included on the list of ingredients. Products with *hydrolyzed protein* can be between 8 percent and 40 percent MSG. The FDA is currently under pressure from consumer groups to rectify this situation by requiring that food processors and eating establishments clearly identify the presence of MSG in any food product.

Some persons sensitive to MSG may be able to tolerate small amounts, but if their diets are high in processed foods, there could be a cumulative effect that could eventually present problems.

Gilda Radner's Family History of Ovarian Cancer

This year, 20,000 American women will be diagnosed with ovarian cancer. Most of them will not realize that there is a significant problem until it is too late. However, there is new hope for many of these women, *but only if they know their family's medical history.*

Ovarian cancer is the most deadly cancer of the female reproductive tract. It will kill about 12,000 women this year. If the disease is detected and treated early, a woman has more than a 90 percent chance of surviving for at least five years. If the cancer spreads beyond the pelvis, survival rates plunge below 38 percent.

Because ovarian cancer spreads quickly, it is important for those women most at risk to be physically examined every six months and to have a cancer antigen 125 blood test performed at least once a year. Women over the age of 35 who have relatives who have contracted ovarian cancer are at the greatest risk.

Gilda's husband wants all women with ovarian cancer relatives to act now.

Gilda Radner is perhaps the best-known victim of ovarian cancer, and she is a good example of the need to know your family's medical history. A woman ordinarily has one chance in 70 of developing ovarian cancer, but *one of two* women will develop ovarian cancer if they have two first-degree relatives with ovarian cancer. In Gilda Radner's case, her mother, her aunt, and possibly two cousins had ovarian cancer. She should have had every reason to suspect this cancer in herself, but she did not know what we are telling you now.

Gilda's husband, Gene Wilder, wants to correct this dangerous innocence or ignorance on the part of the public regarding ovarian cancer. To prevent his wife's tragic fate from happening to many more women, he has collaborated on a registry so that researchers, hospitals, and gynecologists will be able to find out if their patients have relatives who have had ovarian cancer. When a woman has ovarian cancer, it would be very cost-effective to inform all her relatives that they too are at risk. Should a woman have two first-degree relatives who had ovarian cancer, she could be told that she has a 50 percent chance of getting ovarian cancer. She could then do the precautionary screening tests to find her cancer early. She could talk to her doctor about having her ovaries removed should any suspicous conditions

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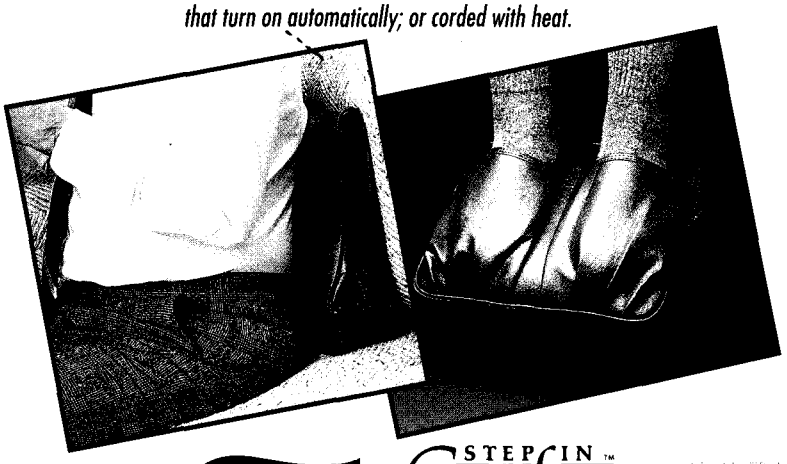

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appear on routine ultrasound screening.

In our cancer survey, *The Saturday Evening Post* found 83 patients who had ovarian cancer or whose relatives had died from ovarian cancer. We are sending letters to all of these people with the information that their female relatives are at high risk for ovarian cancer, and we are giving them additional information about ways to avoid letting this cancer get a head start. We're urging them to register with Wilder's effort to alert women everywhere.

Any reader who wishes to receive this material can write to Ovarian Cancer Prevention, P.O. Box 567, Indianapolis, IN 46202.

Replies to Janet's Breast-Lump Alert

Janet has received a number of letters like the ones that follow from women who have found lumps that weren't detectable on their mammograms. Most of the time the mammogram can find small calcifications and beginning cancers long before they can be felt. But not always. In some instances, the breast self-exam finds a lump the mammogram can miss. Do both exams regularly.

Dear Janet:

Elverta Asper

I just reread your crusade in the *Post* asking women to write of their experiences with discovering lumps in their breasts.

A few months ago I discovered a lump. Of course, our family physician ordered a mammogram. When the report came back negative, my husband and I were quite relieved. But our physician, being the conservative type, said that it was just good medical practice to have a lump like that removed. So I chose to go to Mayo for this. Our doctor assured us it would be just an overnight stay. I left the operating room, however, having had a modified mastectomy. No cancer cells were found in the lymph nodes, so no chemo was recommended. I've been back for my six-month checkup, and I was declared O.K.—so far. Praise the Lord!

***The Saturday Evening Post* is my favorite magazine. I read it cover-to-cover.**

Elverta Asper
Chenoa, Illinois

"Then the building manager says, 'How'd you like an office with a terrific view?' "

Dear Dr. SerVaas:

I just read the "Medical Mailbox" section of the July/August issue of the *SEP* and was very interested in the story regarding mammograms that don't reveal what they're supposed to—malignant lumps. Here is my story:

Eleanor J. Lensner

Last September I was concerned about a small lump near the nipple of my right breast. Since my gynecologist was away at the time, I went to the neighborhood doctor center to have the lump checked. The doctor there didn't think it was serious, but since my record showed I hadn't had a recent mammogram, he suggested I have one done. I had this done a few days later, and the results were completely negative for both breasts.

Thanksgiving weekend, I discovered a lump in my left breast on the "inside" area in the center of my chest. I went right to my gynecologist, taking my recent breast X-rays with me, and he verified the lump as being something that shouldn't be there. He sent me immediately to a breast specialist, who tried to aspirate the lump, which was 5 cm. in size, but there was no fluid there. Both doctors declared the X-rays to be "clean" with no sign of a lump anywhere.

The lumpectomy was done right away, and the lump was malignant, of course. Three days later the breast was removed, along with the chest muscle under the breast tissue, as the surgeon felt this muscle was involved too. The surgeon told my family that from what he could see, he got all the tumor. My subsequent lymph node report and scans were all negative.

I am now taking two Nolvadex tablets a day and am having hot flashes galore. I have also gained five pounds since December, when the surgery was done. I should mention that for years and years I took Premarin because of numerous hot flashes I had—all the time. I feel this is probably the reason for the lump, but neither doctor will confirm this. So I'm back to the beginning with those hot flashes.

I'm a health food nut and have always taken excellent care of myself, eating only a whole-grain, sensible diet. I will be 75 years old in November.

Eleanor J. Lensner
Lakehurst, New Jersey

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WHO CARES IF YOU'VE GOT A HEART CONDITION AND CATCH A COLD?

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Dear Janet:

You asked to hear from women whose mammograms proved negative but who found a lump in their breast by self-examination. I routinely had mammograms, and quite by accident, I found a lump in my right breast. This was four years ago. Since the lump was at the lower edge (against my rib cage), I think it was not detected because that portion of the breast is barely included in the X-ray. I had it aspirated (negative) and was told that palpation showed it was "just a ridge." Fortunately, I found a surgeon who agreed on biopsy. It proved cancerous. I had a lumpectomy and 18 lymph nodes proved negative. I had six weeks of radiation, and so far, all seems to be going well.

I cannot stress more strongly the importance of self-examination. Only we know our own bodies. I was lucky to have found the lump! It had probably been there for five years. And it was I who insisted that it was something abnormal; if I had not insisted, nothing more would have been done after the aspiration.

I guess my main message is no tests are infallible. No doctor is "all knowing." If you find a lump, get right in to the doctor. If he doesn't satisfy your questions, find another doctor. I did and I'm still here today (and matter of fact, I'm having a mammogram done this week).

I am 57, and I had the first indication of breast cancer while I was receiving healthcare at the Dartmouth-Hitchcock Medical Center in Hanover, New Hampshire, which is a very respected institution.

Marion Maguire

I hope this letter proves helpful to others who may have questions about certain tests.

Marion Maguire
Norwich, Vermont

Dear Dr. SerVaas:

In the July/Aug. '90 issue of "Medical Mailbox," Janet Cox asked to hear from anyone who had discovered breast lumps that were not detected by a mammogram.

On August 31, 1988, I had a physical that included a mammogram—all turned up negative. On December 18, 1988, I noticed the nipple was not normal, and I subsequently felt a lump. Two days later the lump was removed, and it showed a two-centimeter lump. On December 27, I had a modified radical mastectomy—two out of ten lymph nodes were involved. The cancer was interductal carcinoma. The doctors did go back and look at the mammograms after removal of the lump, and there was no evidence of it.

Bonnie Fitzjarrold
Juneau, Alaska

New Sodium Fluoride for Spinal Osteoporosis

Dear Dr. SerVaas:

Do you know how I can receive the new sodium fluoride in a delayed-release form that has been tested over a five-year period by Dr. Charles Pak of the University of Texas Southwestern Medical Center in Dallas, Texas? I am interested in the product as an addition to calcium and Premarin for the spinal osteoporosis I have that causes me so much pain. The article about it was front-page news in the January 13, 1989, *New York Times* special report by Warren E. Leary. This treatment appears to reduce tiny fractures that collapse spinal bone and slowly restore lost bone mass at rates of up to 6 percent a year.

This new treatment has been hailed on many news broadcasts and in newspapers, etc., but our local physicians don't seem to be aware or interested in this. I have been on calcium and Premarin for nine years now (started with early osteoporosis and extreme weakness in my spine nine years ago). This type of time-released sodium fluoride is developed by the Mission Pharmacal Company of San Antonio, Texas, and it doesn't have the diarrhea and side effects that the older fluoride tablets cause. They even state in the *New York Times* article that calcium citrate should be used instead of calcium carbonate. This is what you agree with. Please send me

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an early reply as to how and who I can contact to avail myself of this new fluoride. Thank you.

Maxine Sawyer
Enterprise, Alabama

The sodium fluoride treatment was submitted to the FDA last spring and will not be available probably for at least another year and a half, pending approval. However, there is more immediate hope for those with osteoporosis with the drug etidronate. Researchers at the University of Washington Medical Center finished a two-year study of 400 women in which etidronate was shown to reverse bone loss. Etidronate, a nonhormonal drug, is already on the market but not yet approved for use for osteoporosis.

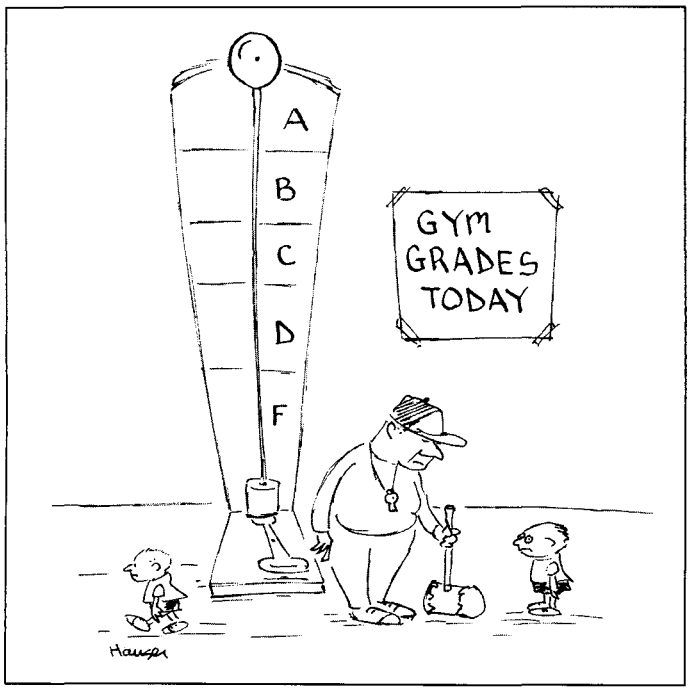
Subjects were given etidronate for 14 days and then a calcium rich diet or supplements for 76 days. The therapy built up spinal bone mass, which reduced the rate of additional crushed vertebrae in the group by two-thirds. Women with the thinnest bones benefited the most, and bones of the spine benefited more than the bones of the hip and wrist.

Women achieve peak bone mass at age 35. Diet and a regimen of weight-bearing exercise contribute significantly to the quality of the bones formed, we believe. Teens and young adults should be especially interested in their diets because modern diets are notoriously low in calcium and high in phosphates. Phosphates are found in cola beverage. This is especially important because too much phosphate increases the rate at which calcium is flushed from the digestive system, thereby reducing the amount of available calcium for increasing bone mass.

Medical Alert Systems—Buyer Beware

You might have seen recent TV commercials selling personal emergency-alert systems depicting persons unable to get to the phone for help in a time of dire need. The word is out through several lawsuits nationwide that some of these operators are unscrupulous.

Personal alert systems consist of a wireless transmitter, often worn around the neck, a home-based monitoring system capable of dialing and requesting emergency help, and often a monitoring service that sends help.



"And that's what I think you have, but more important, what does your insurance company think you have?"

Here are some tips to help you make the best value choice for your continued well-being.

• Where does the call go when your system is activated? Does it go directly to the hospital or does it have to go through a separate operator first? Time is of the essence in an emergency. *Many hospitals provide leased service directly to patients.*

• Compare leased and owned systems. Will you be stuck with a useless receiver if your monitoring service goes out of business? Will the system be replaced when it wears out? Prices for owned systems run between $1,200 and $4,000, often with monitoring charges extra.

Leasing options from a local hospital, on the other hand, may cost only $25 to $50 per month, and this cost often includes monitoring.

• Will your system work in every room in your house? Some systems being sold will not work through thick or reinforced walls. Make sure the system will be effective in every room in your home before buying or leasing.

The Diet Is Cast

Dear Dr. SerVaas:

I seem to have developed a problem with my diet to lower cholesterol. I hope you can help me with it. I have been following the high-fiber diet recommended by the Heart Institute and have lowered my cholesterol from 255 to 184.

I have a history of hypoglycemia and have controlled that in the past with high-protein, low-sugar intake. Now I read that Dr. James Anderson states that blood sugar can be lowered 40 percent by this type of diet. Three days ago I experienced a hypoglycemia reaction, and the following morning my fasting blood sugar was 60.

I am confused as to how to handle my diet and hope that you can send some information.

Thank you for your help.

Wilma Canter
Pahrump, Nevada

We forwarded your letter to Dr. James Anderson. His

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response is as follows:

"Congratulations on successful reduction in your cholesterol level with a high-fiber diet. High intake of soluble fiber helps to lower blood sugar in diabetic individuals who have elevated sugar levels, but it should not greatly reduce normal blood sugar levels. If you are prone to reactive hypoglycemia (low blood sugar shortly after a meal), you can still eat a high-fiber diet with a few modifications.

"Reactive hypoglycemia is a reoccurring disorder that results in such symptoms as sweating, weakness, and hunger with blood sugar levels below 45 mg/dl shortly after food is consumed. Most individuals with reactive hypoglycemia respond to a diet high in fiber and carbohydrates and restricted in sugar. Eating small frequent meals will also help minimize fluctuations in your blood sugar levels."

Wary of the Dairy

Dear Dr. SerVaas:

Enjoy your column in the *Post*. Would like to ask what you can recommend for soft fingernails. My nails are so soft they tear off instead of breaking.

I discovered about a year ago that I have lactose intolerance. Cannot tolerate dairy products. I do eat yogurt every day and broccoli, salmon, tuna, and kale.

Do you think any of the cosmetic nail hardeners would help this? Also, is Knox gelatin good for this problem, and would Knox gel cause weight gain?

I went to Optifast in 1988, and I feel that the lactose intolerance developed after that.

I will appreciate any suggestions you could give.

Bernice Woodruff
Delaware, Ohio

Many people become lactose intolerant as they age. There are several ways around this situation. Certain types of dairy products, such as aged cheese, unripened cheese, and your favorite yogurt, are all good sources of the calcium needed for strong bones and are generally tolerated well by lactose-intolerant persons.

You'll be able to drink milk and eat dairy foods as well if you use a product like Lactaid. Other food sources of calcium, in addition to those you listed, include collard greens, green beans, peas, cantaloupe, and oranges. Calcium supplements can help fill in the rest of your daily recommended requirement. Such magnesium supplements as Slow-Mag help your body more readily absorb calcium.

Liquid reducing diets have not proven to be effective in keeping weight off in the long run. Many persons have suffered the effects of malnourishment on these programs, and it could be the source of your nail problem. Gelatin hasn't been scientifically proven to be effective in producing stronger nails, but it should not induce weight gain either.

Stick to a diet high in fiber and low in fat, and make sure you are getting enough calcium. Nails grow very slowly, so you can't expect the effects of a good, balanced diet to show up for a couple of months.

WHO CARES IF YOU'VE GOT HIGH BLOOD PRESSURE AND CATCH A COLD?

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Sorting Out Fiber

Dear Dr. SerVaas:

In the March 1990 *Saturday Evening Post*, I read with

"Why am I being recalled?"

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much interest an article, "Sorting Out Fiber," by James W. Anderson, M.D., page 26.

It occurred to me that my experience with Metamucil might be of some benefit to others. One paragraph talked about "psyllium, seed rich in soluble fiber . . . widely used in bulk laxatives"—page 29.

Some years ago, I was diagnosed as having chronic bronchitis. There would be coughing fits where I vomited and the syrupy phlegm was profuse. That went on for years in spite of all kinds of cough remedies prescribed by my doctor, plus the embarrassing bladder incontinence.

During that time, I was taking a well-known bulk laxative, Metamucil, which contains psyllium mucilloid. As an experiment I discontinued the laxative—and no more coughing or phlegm! So I tried a different brand, but it also had the psyllium. Again I was back to my old trouble. I gave up the laxative, went to bran, etc., and have no more problems.

This can all be taken for what it is worth. I am so thankful for no more incontinence from coughing.

Ruth Heitmann
Dubuque, Iowa

We forwarded your letter to Dr. James Anderson in Lexington, Kentucky. His response follows:

"Psyllium is a natural grain, similar to oats, corn, and wheat. The husk of the psyllium seed, used in bulk laxative products, is very high in soluble fiber content. Some people develop allergies to psyllium the same as with other grains. To remedy your problem and continue to reap the benefits of soluble fiber, eat a variety of whole-grain products, oats, fruits, vegetables, and beans."

Fiery Tongue

Dear Dr. SerVaas:

Could you or your readers possibly give me any information on burning tongue? Any information we could get would be greatly appreciated.

E. O. J.
Wisconsin

"There—don't you feel better now that you've come out of your shell?"

Dear Dr. SerVaas:

I found the [Jan./Feb. '90] article on burning tongue interesting.

I have the same trouble as your reader and have for years. Also saw many doctors plus an allergist, but got no relief until visiting my dentist one day. I casually mentioned my problem to him. He told me to try mixing equal parts of Kaopectate and Benadryl. Then rinse my mouth two or three times a day, keeping it in for about a minute. I have been doing it for several years. It works for me to relieve the burning.

N. W.
Homosassa, Florida

Tip for Dry Skin

Several of our readers have written about their problems of dry skin. We asked Dr. Albert Klingman, a professor of dermatology at the University of Pennsylvania, about the most common causes of this ailment, and he suggested that the type of soap you're using could be the culprit.

Dr. Klingman says: "As people age, their skin produces less oil, making it susceptible to drying and irritation. Women in particular are living 30 years longer than they did at the turn of the century, they use drying astringents, many have not protected their skin from the sun with sunscreens, and they tend to wash more frequently and for longer periods of time with soaps."

Ivory soap, for example, is a soap with an alkaline pH that will strip the skin of oils. Women with sensitive skin should use a soap that is mild, contains a moisturizer, and is nonirritating. He noted, "Ivory is fine for healthy persons with normal skin who are not compulsive washers." Moisturizing soaps are recommended for everyone else.

Good News in the Battle Against Hepatitis

Interferon alpha has been shown to be effective against common viral hepatitis, and a FDA advisory committee is recommending its approval for marketing.

Hepatitis is a liver infection that affects nearly a million Americans. Nearly half of them are chronically infected.

Interferon alpha, naturally produced by white blood cells, can now be mass-produced by means of genetic engineering.

Sleeping Out Loud

Dear Dr. SerVaas:

I have a question about snoring. Is there anything you could recommend to solve this problem? It is quite a problem when you keep everyone else awake!

Phyllis Adler
Fort Wayne, Indiana

It was Mark Twain who wrote that snoring is "sleeping out loud." But how loud one sleeps depends upon the vibration of the uvula and the soft palate. It can result in rackets varying from hissing, snorting, rasping, and gasping to choking, sawing, gurgling, and a rumbling that can rattle the windows and may very well end in divorce.

Who snores? According to one survey, 86 percent of the women said their husbands snored, and 52 percent were troubled by it. Of the men interviewed, 52 percent retaliated by saying their wives snored, and 15 percent said they wished their wives would quit.

Interestingly, another study showed that at age 30 to 35 only 5 percent of women and 20 percent of men turn an

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otherwise serene bedroom into a boiler factory after they go to sleep. By age 60, however, those rates shoot up to 40 percent for women and 60 percent for men.

One explanation is that as people get older, many become overweight and lose their good muscle tone. After these people fall asleep, the muscles and tissue lining their air passages at the back of the mouth and nose, which normally relax and flutter as they breathe, now block nasal airways and obstruct the air flow. The resulting noise is what we call—among other things—snoring.

The greater the obstruction—it can be tissue in the back of the throat, collapsed pharyngeals, or enlarged tonsils and adenoids—the louder the noise, and the greater the risk of sleeping alone. The loudest snoring, a condition called "obstructive sleep apnea," afflicts about 3 million people. By causing total interruption of breathing, it sometimes wakens the individual himself, thus avoiding a perhaps more painful solution from his (or her) sleeping partner.

So much for the cause; more important is the cure, or at least an abatement of the noise—without having to wait for an apnea to do the job.

For that overweight senior citizen snorer, weight loss, which can increase the diameter of the airway, is highly recommended. Sometimes a small change in position can help (sleeping on one's side is best). Putting the head on two pillows for a more upright position could be the answer.

More drastic measures include consistent airway pressure, in which a sleeper breathes through a nasal mask that draws air from a tank, thus expanding his airway. And, of course, there is surgery to remove air-passage obstructions.

One such surgery removed a third of the patient's soft palate and the uvula. In another case it was found that the patient's sinuses had been blocked due to polyps. Using the new sophisticated KTP Laser, Dr. Nathan Nachias, a facial plastic surgeon in Boca Raton, Florida, was able to remove the polyps and open up the airways without removing the sinuses or leaving a facial scar.

In extreme cases the surgeon may elect to create a small opening in the windpipe to allow nocturnal breathing.

Before going to these extremes, however, we would give the elbow-in-the-ribs routine a try. Or the double-pillow idea. If you are overweight, try cutting your caloric intake and increasing your exercise time. By burning up more calories than you consume, you will clear your air passages of excess fatty tissue, you will begin breathing without rattling the windows, and your marriage will have a better chance of survival.

WE CARE.

If you get a cold while taking prescription medication for your heart, blood pressure or thyroid, you must take special care to choose the right cold medicine.

Vicks® VapoRub® is a powerful cold medication that eases your cough and allows you to breathe more easily. When you rub it on the outside of your body, it works naturally to relieve your symptoms without the risk of mixing with your prescription medication the way pills can.

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Safe relief is just a breath away.

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Another Use for Murphy Oil Soap

Dear Dr. SerVaas:

Just wanted to let the readers know of another use I found for Murphy Oil Soap.

My cairn terriers have sensitive skin. After a bath they itch. I tried Murphy's on my hands first, then used it to shampoo my dogs. It works great. The hair looks good and feels good—no itch!

Lee Sharp
Lebanon, Missouri

Cancer Prevention

Dear Dr. SerVaas:

At one time I read in your column that you had a type of questionnaire, or thought you should have one, for cancer patients and their families to fill out to try to find a common denominator of why people get cancer. Here in our county we seem to be getting far more cancer than we should for a sparsely populated area. We have organized a club for cancer patients and their families, and we thought perhaps if we had a guideline to go by we would try to work to see if there was something that all had as a medical history, or environment, or something.

Do you have such a questionnaire or suggestions for at least some of the questions we could ask?

Betty Oxarart
Malta, Montana

We're sending you a copy of our Cancer Prevention Survey. If you will return it to the *Post* after completion, we will enter the information in our computer with 20,000 such surveys. We alert those at high risk for certain cancers.

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(PHYSICIAN WHO
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A true family physician is a general practitioner who can treat you and your family in about 85% of all cases.

But in this age of specialization, a family physician can be hard to find. That is, unless your physician's initials are D.O. (Doctor of Osteopathy).

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The D.O.'s training is particularly beneficial to you in the event you do need to see a specialist.

All D.O.s are exposed to a broad range of medical disciplines during medical school. Consequently, D.O.s develop a broad perspective on medical practice which allows them to recommend the right specialist for you.

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After graduation from medical school, D.O.s complete a one year supervised training period in the actual practice of medicine called "internship."

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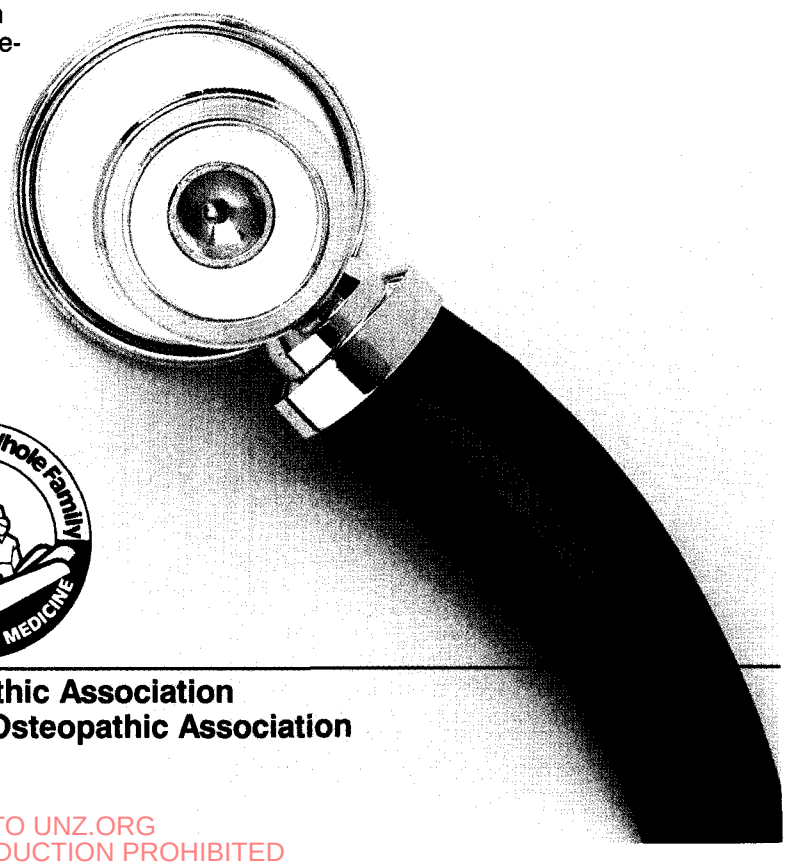
Most D.O.s take advantage of this broad medical education to become family physicians. But some D.O.s do specialize.

Before the D.O. can go on to become a specialist, he or she must first be fully licensed as a general practice physician. If the D.O. elects to specialize, the additional training usually lasts from three to four years.

D.O.s concentrate in all the medical specialties, including anesthesiology, emergency medicine, internal medicine, general practice, general surgery, obstetrics/gynecology, ophthalmology, orthopedic surgery, pathology, pediatrics, psychiatry, radiology and all the rest. All the subspecialties also have practicing D.O.s, including cardiology, gastroenterology, neurosurgery, and otorhinolaryngology, just to mention a few.

For Additional Information.

For additional information, please write: Auxiliary to the American Osteopathic Association, 142 East Ontario Street, Chicago, IL 60611.



Health for the Whole Family
OSTEOPATHIC MEDICINE

American Osteopathic Association
Auxiliary to the American Osteopathic Association

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Presbyterians

continued from page 96

Presbyterians. Mark Twain was a Presbyterian. So is John Glenn.

Their global mission work is in 89 countries, and in recent years, the Presbyterian denomination was the first to bring missionaries from overseas back to this country to bring a new outlook to mission here as well. The Presbyterian Church (U.S.A.) has 11 theological institutions, the oldest of which is Princeton.

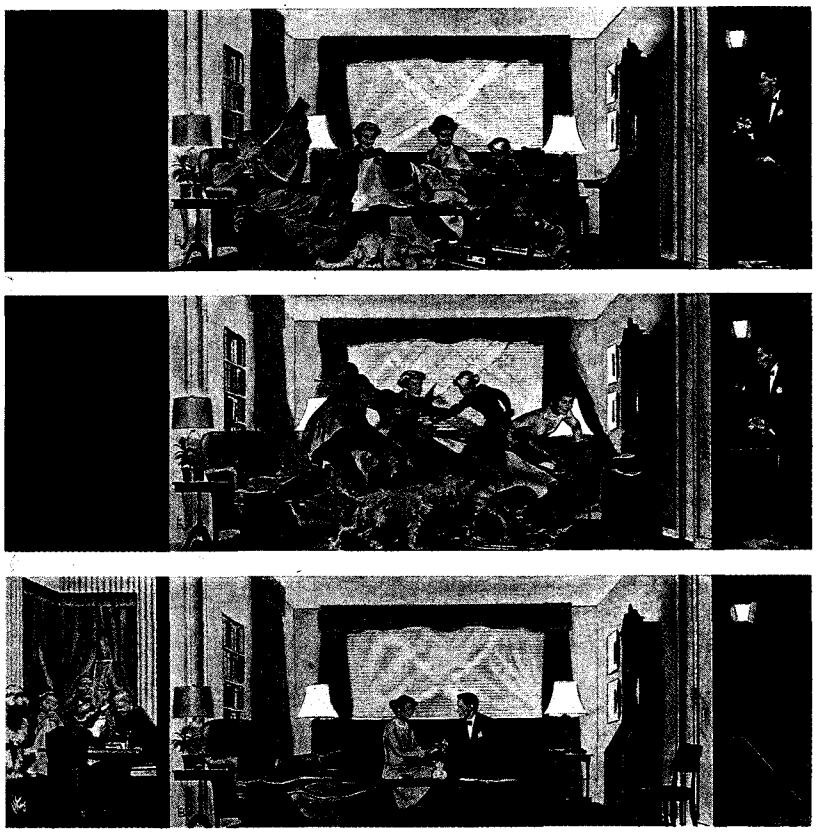
Strong on education and medical care, Presbyterians have institutions and hospitals dotting the land. Columbia Presbyterian in New York City is a jewel in their crown. Sixty-nine colleges are Presbyterian related. They have hospitals the world over, with some of the largest ones in Japan, Korea, Zaire, and Brazil. And a large number of Presbyterians in this country are involved in medical care.

The church has been in the forefront in working for human rights and for women and minorities. It has added a reemphasis during the past three years on evangelism and global mission.

Also added is a reemphasis on youth work. The denomination has three major national campgrounds and dozens of others nationwide related to individual presbyteries and synods. A renewed vitality has entered the scene in youth work, and the church has added plans for a national youth council and an annual gathering of Christian college students.

Two small basically fundamentalist Presbyterian denominations have broken away from the church in recent years. One of the two small denominations refuses to ordain women, and both strongly condemn social action and ecumenical projects of the Presbyterian Church (U.S.A.).

Presbyterians have also discovered in recent surveys that the church has almost unknowingly moved toward the middle in recent years. They further discovered that part of the membership drop is really only on paper because many congregations removed names of members to the inactive roll when a per capita charge went up, says Marj Carpenter, manager of the Office of News Services at the denomination's headquarters. "Those particular members have not left the denomination at all," Carpenter said. A possible future count of the inactive roll is also projected in the denomination.



Can you name this picture?

. . . ***contest:*** $100 to the author of the winning caption for this picture. Your entry can be a "one-liner" or a limerick of five lines. Send your entry *on a postcard.* Do *not* send us a self-addressed, stamped envelope. We will also award $100 to the photographer whose submitted photo is published in the next contest. 8" x 10" photos are preferred, along with a self-addressed, stamped envelope for return of photo if not used. Send all entries to: Photo Contest, *SatEvePost*, 1100 Waterway Blvd., Indianapolis, IN 46202. All eligible caption entries must be postmarked by October 15, 1990.

Our congratulations and a check for $100 go to Barbara Snyder of Nucla, Colorado, for the winning entry in our July/August 1990 caption contest.

John and Lizzie are all done with wishin'.
Bought a trailer in A-1 condition.
They may not be rich,
But they've sure found their niche.
Lizzie gardens, while John goes a-fishin'.

Marilyn Quayle

continued from page 53

over 50 to have an annual mammogram; others, every two years. She suggests before having the mammogram to make sure that the machine is "dedicated"—used solely for mammograms—and that it is checked every six months to make sure it is working properly. She believes that a mammogram should be done through a hospital, by a radiologist who does a large

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There is a strict limit of two (2) watches per address at this price. Every Authentic Cat And Mouse watch is covered by the company's standard One Year Money Back Guarantee. No wholesalers or dealers please.

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Respond by: November 5, 1990

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volume of patients, because he or she can readily see problems. She says some ob-gyns who are putting mammogram machines in their offices don't know how to use them, nor do they have sufficiently trained technicians to perform the mammograms.

Marilyn says it is thus important for women to ask a few questions before submitting to a mammogram: Is the machine dedicated? When was it checked last? How many rads does it produce? How many patients do you see? How many films do you read?

"In England," she tells us, "you cannot read mammograms unless you do a certain number. They've got people who actually spend a lot of time doing that, people who can immediately pick out an abnormality, even a small one.

"It's most important that all women and men begin taking care of themselves. There's so much you can do for yourself. Don't rely entirely upon your doctor. And keep looking for a doctor who will work with you, one who will talk to you and treat you like you have a brain. I switched pediatricians until I finally found one who treated me like I was an intelligent human being and could tell him something about my own children."

We speak of Rose Kushner, our ally and inspiration, who died of breast cancer at age 60. She was our voice, we are reminded, and we can't be quiet now—not when someone dies of breast cancer every 13 minutes in the United States. This brings us to the question of breast cancer research. Marilyn is well-prepared.

"The House just yesterday passed out of committee a bill that designated funds from the increased budget in the NIH funding and earmarked them for breast cancer and cervical cancer research," she says. "It's the first time that's ever happened.

"Unfortunately, the reason we're seeing more emphasis placed on this is because the numbers are rising so rapidly. For 1990 it's going to be one in nine women who has breast cancer, and the prediction by some is that within the next four years it will be one in seven.

"I don't know about you," Marilyn says, "but I'm just appalled that about every three days somebody calls me to say this friend of ours has breast cancer; and the ages are getting younger all the time.

"Breast cancer is now touching so many lives that the more awareness the Vice President and I can put on it—get the people talking about it—the bigger the move on it will be. One exciting aspect is the thrill I get every time a man comes up to me, whether on the street, in the elevator, or out to dinner, and says, 'Thank you for talking about breast cancer.' He says his wife, mother, sister, secretary, or someone has touched his life with it."

Marilyn says people are now talking breasts. "Let's face it," she says, "we couldn't talk about breasts before." She tells us how thrilled she is about the interview she had with Joel Hefley, a congressman from Colorado, who does a show on cable stations. He asked questions about the breast and about how men can learn to do breast self-examinations. "This would not have happened a year ago," she says.

Breezy, the Quayles' Labrador dog, enters the room at this point and sits beside his mistress. Her arm is around his shaggy black neck as she says: "I talk a lot about getting cancer information in our sex-education classes in school. We don't teach anything about how the kids should take care of themselves. They learn that girls between the ages of 10 and 14 develop breasts, and that's it. They don't learn what breasts are made of, what breast tissue is, about what is normal and what is abnormal. They aren't taught breast self-examination, nothing. And the same with boys. They aren't taught about testicular cancer.

"Boys and girls should be taught about all these kinds of cancers, cervical cancer, prostate cancer, and boys should be taught about breast cancer and how men get breast cancer too."

AIDS and the blood supply, next on my list of questions, will have to wait, as we have run out of time.

At the door Marilyn sums up our interview in a neat little package that I carry away with me: "I think the most important thing is that all women and men should begin taking care of themselves. There's so much one can do on his own. Don't rely on your doctor alone."

The Perfect Squelch

The Dean of Women was a stickler for detail. When she noted that the college fire department had overlooked its monthly inspection of the chemical extinguishers in Old Main, she wrote a stinging memo to the fire chief. Next day, seeing that the extinguishers still failed to bear the tags of a fresh inspection, she telephoned the chief.

"Those extinguishers still haven't been tagged for December," she snapped. "Do you realize that your department's neglect may endanger that entire dormitory?"

Brushing aside the chief's explanation that his inspector simply omitted the tags this once in making his monthly rounds, the dean demanded: "What would your men do if they suddenly found Old Main in flames?"

"Well, ma'am," the chief replied, "they certainly wouldn't try to beat out the flames with little paper tags."

—*C. M. Morris*

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Motor & Cord

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Revolutionary Multi-Blend 2000™ has thousands of uses. A scoop of fresh whipped cream turns any dish into a dessert lover's delight. But only a lucky few can afford 300 calories! With amazing Multi-Blend 2000™, in just seconds you can turn ordinary skim milk into the fluffiest, tastiest topping you've ever had! What's more, it's just 40 calories that anyone can afford!

BABY YOUR BABY... AND YOURSELF!

Feed your baby food from a jar? Even if you could get your baby to eat it, how healthy is it? Multi-Blend™ turns fresh fruits and veggies into the most delicious, smoothest, purest baby food that even an adult would enjoy! Did you know that many peanut butters contain "lard" — that's pure animal fat. Take a cup of fresh peanuts and watch in amazement as the Multi-Blend 2000™ turns them into the creamiest, most spreadable, peanutiest peanut butter ever! The list goes on and on. Grind raw meats into chop meat or pate. Whip mash potatoes right on the stove. Use it as a juicer and watch it turn pulp into nector. Make instant rich milk shakes or spectacular diet drinks. Grind your own fresh coffee right at home. The uses are endless! Electric powered with UL listed motor and cord.

Every Multi-Blend 2000™ is covered by the company's standard One Year Money Back Guarantee. There is a strict limit of two (2) units per address at this price, but requests made early enough, (before December 1), may request up to five. No wholesalers or dealers please!

Allow up to 60 days for shipment

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RESPOND BY DECEMBER 5TH FOR THIS AMAZING OFFER!

YES! Please rush me _____ (qty) sets of Multi-Blend 2000™ as specified below!

- ☐ One Multi-Blend 2000™ for just **$19.95** (plus $4 P&H).
- ☐ **Save $5!** Two for just **$34.95** (plus $6 P&H).
- ☐ **Save $10!** Three for just **$49.95** (plus $8 P&H).
- ☐ **Save $20!** Five for just **$79.95** (plus $10 P&H).090

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3 Great Albums 3 Big Cassettes 2 CD's

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THE GREATEST MUSICAL STARS OF THE 40'S

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ALWAYS/Deanna Durbin • SEEMS LIKE OLD TIMES/Guy Lombardo • I'LL BE SEEING YOU/Jo Stafford • MOONLIGHT BECOMES YOU/Bing Crosby • MY DEVOTION/Vaughn Monroe • LILI MARLENE/ Perry Como • MY PRAYER/Ink Spots • I THINK OF YOU/ Tommy Dorsey/Frank Sinatra • MARIE/ Tommy Dorsey • SLEEPY TIME GAL/Harry James • HARBOR LIGHTS/Frances Langford • MY BUDDY/Sammy Kaye • LINDA/Buddy Clark • DEEP PURPLE/Larry Clinton/Bea Wain • THE GYPSY/The Ink Spots • EMBRACEABLE YOU/Jimmy Dorsey/Helen O'Connell • WHERE OR WHEN/Guy Lombardo • LOVE LETTERS/ Dick Haymes • I CAN'T BEGIN TO TELL YOU/Harry James/ Betty Grable • AS TIME GOES BY/ Dooley Wilson (Sam) • TO EACH HIS OWN/Eddy Howard • MISS YOU/Dinah Shore • AUF WIEDERSEH'N, SWEETHEART/ Vera Lynn • FIVE MINUTES MORE/Tex Beneke • NOW IS THE HOUR/Bing Crosby • SOMETHING TO REMEMBER YOU BY/Dinah Shore • DANCING IN THE DARK/Artie Shaw • PEG O'MY HEART/Harmonicats • LA VIE EN ROSE/Edith Piaf • THAT OLD BLACK MAGIC/Glenn Miller • SLEEPY LAGOON/ Harry James • IT HAD TO BE YOU/Helen Forrest/ Dick Haymes • SERENADE IN BLUE/Glenn Miller • MEXICALI ROSE/Bing Crosby • THAT OLD FEELING/Shep Fields • BY THE LIGHT OF THE SILVERY MOON/Ray Noble/Snooky Lanson • I DON'T WANT TO SET THE WORLD ON FIRE/The Ink Spots • WE'LL MEET AGAIN/Guy Lombardo • MAM'SELLE/Art Lund • MARIA ELENA/Jimmy Dorsey/Bob Eberly • YOU'D BE SO NICE TO COME HOME TO/Dinah Shore • WHITE CLIFFS OF DOVER/ Kay Kyser.

Here are 42 of World War II's most cherished love songs which will rekindle your warmest memories. The songs of separated sweethearts ... and coming home again. The songs which kept our loves and our hearts strong. The songs with the melodies we'll never forget ...and words which will last forever.

Who can ever forget those romantic moments and the great love songs we called our own and still do ... **THE WHITE CLIFFS OF DOVER** performed so beautifully by Kay Kyser ... **ALWAYS** by Deanna Durbin ... **LOVE LETTERS** sung by Dick Haymes ... Dinah Shore singing **SOMETHING TO REMEMBER YOU BY ... HARBOR LIGHTS** by Frances Langford ... **I'LL BE SEEING YOU** by Jo Stafford ... Guy Lombardo telling us **WE'LL MEET AGAIN** ... Harry James and Betty Grable with **I CAN'T BEGIN TO TELL YOU** ... Vera Lynn's wistful **AUF WIEDERSEH'N** and **DANCING IN THE DARK** by Artie Shaw. Here are 42 of World War II's greatest love songs that will bring back your most romantic memories. It is a collection you will enjoy for years to come. No sweethearts should be without these wonderful songs.

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YES please rush me the THE WHITE CLIFFS OF DOVER to preview for 30 days without obligation. I understand that I may return the albums for any reason whatsoever and receive a full refund. Make check or money order payable to Good Music Record Co. **Mandatory NY, NJ & CA residents add local sales tax.**

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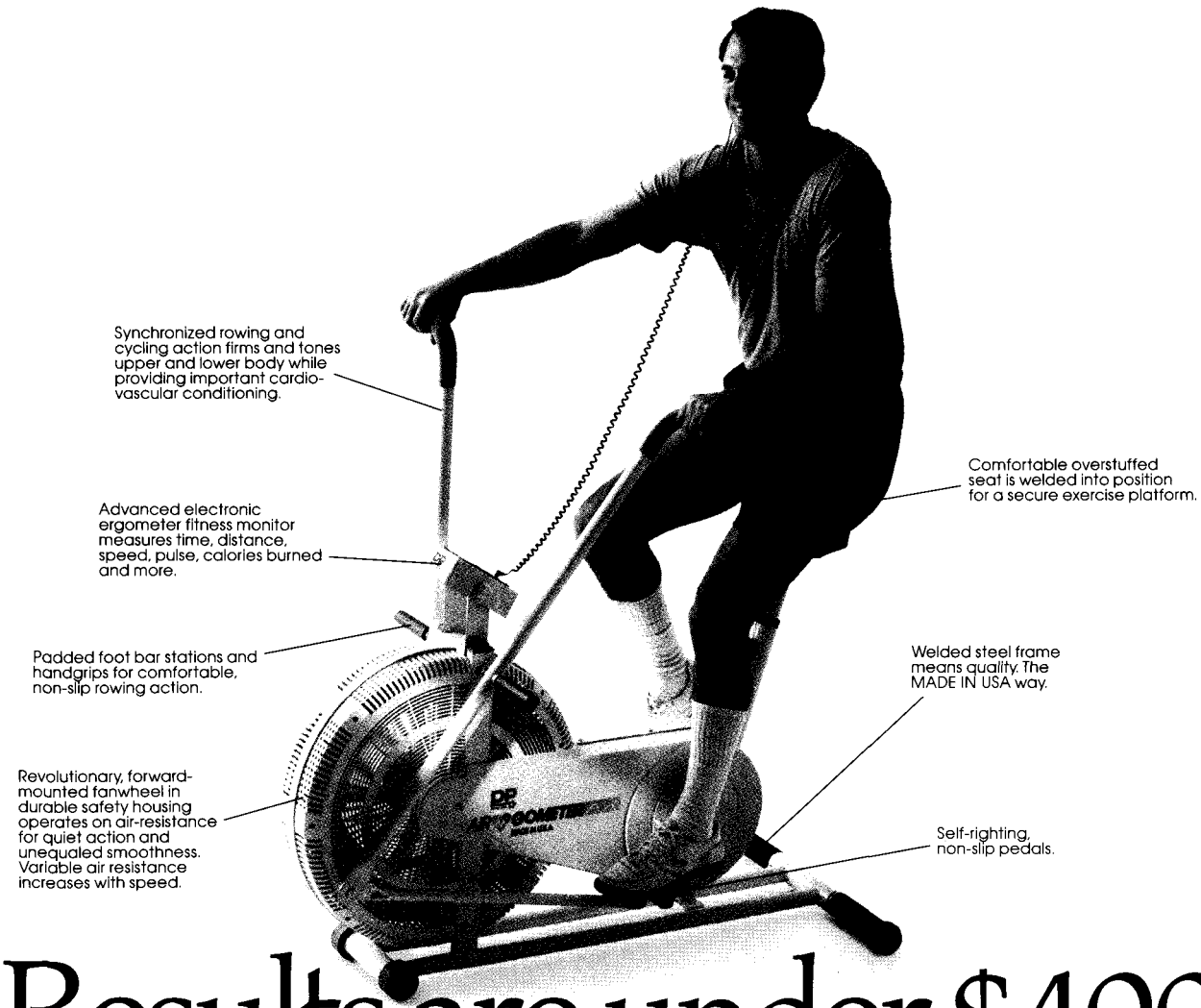
Excuses are a dime a dozen.

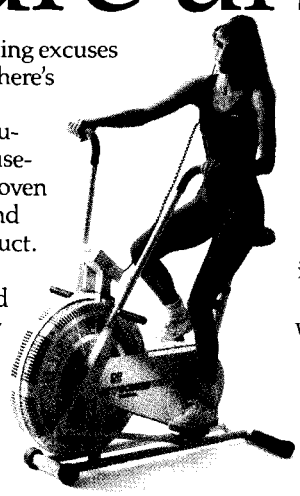

Synchronized rowing and cycling action firms and tones upper and lower body while providing important cardio-vascular conditioning.
Advanced electronic ergometer fitness monitor measures time, distance, speed, pulse, calories burned and more.
Padded foot bar stations and handgrips for comfortable, non-slip rowing action.
Revolutionary, forward-mounted fanwheel in durable safety housing operates on air-resistance for quiet action and unequaled smoothness. Variable air resistance increases with speed.
Comfortable overstuffed seat is welded into position for a secure exercise platform.
Welded steel frame means quality. The MADE IN USA way.
Self-righting, non-slip pedals.

Results are under $400.

Good news for Americans who are tired of making excuses for not being in better condition. Because now there's a machine that makes any excuse obsolete.

It's the DP AirGometer,™ meticulously manufactured and designed in America to be the excuse-proof exercise solution. In just over a year it's proven itself as the standard in air-resistance exercise and become the country's hottest home fitness product. In fact, the DP AirGometer is so popular that it inspires imitations, many of which have come and gone. Because quite simply, the DP AirGometer offers the best quality for the money.

Since it operates on the principle of variable air-resistance, the DP AirGometer provides no-impact exercise. Which means it conditions your entire cardiovascular system and tones muscles without doing damage to your joints. So you can achieve and maintain total fitness with a quick, at-home aerobic workout that tones and conditions your body—inside and out.



Following accepted principles of aerobic conditioning, work out on the AirGometer every other day. Use the digital ergometer to set goals and determine improvements in your fitness level. And in a matter of weeks you should see and feel results.

So if you're tired of dime-a-dozen excuses, why not replace them with exercise? Test-ride the AirGometer from DP. And discover how good it feels to be fit for life. Available where fine fitness equipment is sold.

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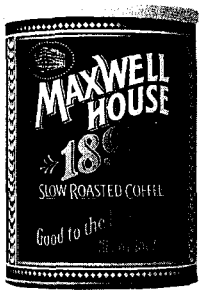
1892 WAS A VERY GOOD YEAR FOR COFFEE

¶ It was a time when those in the coffee business did things a little differently.

¶ And so it was in 1892 that a Southern merchant had cause for celebration. His premiere blend of coffee (and some say his own personal labor of love) was about to be renamed after the famous hotel where it had already built a reputation as the special house blend. The hotel, of course, was Nashville's Maxwell House.

SLOW ROASTED

¶ Today, it is with great pride (and something of a feeling that there are still folks around with a taste for the way things used to be made) that The Maxwell House Coffee Company would like to acquaint you with 1892™ Slow-Roasted Coffee. It is coffee that is roasted the way everyone used to do it: Slowly. With something of a reverence for the old ways of making things. Next time you're at the grocer's we invite you to try a can. Perhaps you will find that you have a taste for the uniquely satisfying, lusty taste of coffee the way it used to taste.



¶ 1892™ Slow-Roasted Coffee. A labor of love...from The Maxwell House® Coffee Company.

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